Fulham Chronicle

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MENTAL HEALTH: YOUR STORIES

PAGES 8&9

Demands for safety blitz on reckless landlords

BY JACK DIXON
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RENTERS' groups have urged town hall chiefs to come down hard on dodgy landlords, after it was revealed that the lives of thousands of private tenants are being put at risk because of missed gas safety checks.

Some part-time landlords in west London are failing to protect their tenants by renting out properties without the required safety certificates, according to British Gas.

It said there was a "growing breed" of landlords who were unaware of the need for annual checks and warned that renters were vulnerable to boiler breakdowns and gas leaks, as well as carbon monoxide poisoning and explosions.

British Gas said as many as a quarter were unaware of the legal requirement to carry out safety checks.

Rosie Walker, from campaign group Renters' Rights London told London Weekly News that landlords were not fulfilling their "moral duty" to look after tenants.

"These figures don't surprise me at all – most landlords are not really aware of what their legal responsibilities are," she said.

"There is a long way to go in educating landlords. They think they can collect the rent and not follow standards but it is their legal and moral duty to provide a safe home for tenants."

Under rules introduced last year, landlords can no longer enforce a 'section 21' eviction without a valid gas safety certificate for the property.

Ms Walker said this had curbed the number of sudden and unfair evictions but called for councils to get tougher on rogue landlords by adopting stricter licensing schemes.

She added: "In London landlords are collecting high rents without doing very much but standards are appallingly low. They should be playing by the rules."

The British Gas survey suggested that tenants' lives were being "put at risk" due to landlords' cavalier approach to gas safety.

All landlords have a legal responsibility to carry out annual checks using a registered engineer.

But the survey found that more than a quarter were completely unaware of the requirement.

One private landlord, who rents out a two-bedroom apartment in Fulham Broadway through travel site Airbnb, admitted that she did not know about the safety rules.

According to British Gas, around a third of part-time landlords also believed that failing to

TURN TO PAGE 3

RIDING HIGH: The Mayor of Hammersmith and Fulham hopped on her bike during a town hall event to improve youngsters' unhealthy lifestyles. Councillor Mercy Umeh used pedal power to prepare a smoothie as more than 130 people came together to share their health and fitness initiatives. Children from across the borough took part in the event last weekend with the help of healthcare professionals, chefs and food bloggers.

Charity challenge

A CHARITY boss from Fulham is to take on a double header of daring feats in a bid to help war veterans find a home in west London.

Ex-serviceman Andy Fryer will cycle 100 miles around the capital before abseiling down the side of one its tallest buildings, Broadgate Tower.

PAGE 3

Playground campaign

A DEDICATED mother has raised thousands of pounds to pay for a disability-friendly playground in Shepherd's Bush after fronting a successful campaign inspired by her nine-year-old daughter. Hayley Wedgbury, whose daughter Mia has cerebral palsy, led a community appeal to revamp the playground in Wormholt Park.

PAGE 4

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MILITARY CADETS ARE HONOURED – PAGE 4

The Duchess of Cambridge, along with Prince William and Prince Harry launched Heads Together, their ambitious new campaign to end stigma on mental health, earlier this month. This will be the biggest project they have undertaken together to date, and will see them working in partnership with a team of inspiring charities to change the national conversation on mental wellbeing

Courage to talk about mental health can begin to end stigma

NHS England has been running a mental health awareness campaign in London designed to improve people's understanding of complex conditions and encourage those who suffer with stress, anxiety or depression to seek help.

Dr Phil Moore, the co-chair of the London Mental Health Strategic Clinical Network, is a committed campaigner on mental health.

Deputy chair of the Kingston clinical commissioning group, he is also a trustee and chairman of several charities and voluntary organisations, while working as a GP trainer and honorary teaching fellow at Imperial College and a visiting fellow in healthcare management at the University of Surrey.

During Mental Health Awareness Week, he calls on the capital to show courage in the fight against mental health stigma

HOPE deferred makes the heart grow sick but a longing fulfilled is a tree of life. So says an ancient proverb dating back to the Bronze Age.

Hopelessness is a common feature we can all experience at times of mental stress. Stigma identifies us as different: someone with something to be avoided at all costs.

It leads to covering up reality in euphemisms and innuendo. We speak in hushed voices and sidelong glances. It always relates to 'them' and never 'us.' Changing stigma will take effort and courage.

It is changing because brave people are starting to speak openly about their mental health.

Language dictates culture and currently we all find it easy to resort to learned negative language about mental health.

We can all acquire new words to change our ability to communicate about our mind. The more we hear, the more our ability to communicate effectively about our thinking and emotions improves.

Enabling us to communicate about our inner responses can start in primary school. Helping children acquire an emotional language will help us identify where and when we need help, assisting us all in building our resilience in life and avoiding the disabling loss of hope that can afflict us all.

That is the essence of prevention: being able to rediscover that we are all in the same boat, with a similar shared journey and often similar challenges. The recovery of hope starts with not being alone.

So, anything we write must be in the first person. It is our shared issue. I may have a mental health problem; it is us who need to take action; it is our friends and family who are suffering.

Having established we are not alone, we can believe there is help for us. We can challenge the stigma that poor mental health is always for life.

For some, like physical health, there may be life-long consequences. But for all there is much we can do to help and for many of us it will be a one-off episode from which we recover.

"During my worst time I pushed my friends and family away because I thought it would be easier to take my life if I had no one to live for. Fortunately for me, my friends and family did fight my battles despite endless attempts to self-destruct

Read Deena's and Luke's stories on Pages 8 & 9

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HERE COMES CHELSEA: PAGE 5

A&E waiting times revealed

ALMOST one in three people attending the accident and emergency department at Charing Cross Hospital in March waited more than four hours to be treated, new figures reveal.

Monthly performance statistics show that only 68.9 per cent of people were seen within the four-hour target time at Charing Cross and St Mary's – the Imperial College Healthcare Trust's main A&E centres.

NHS bosses aim to ensure that 95 per cent of all patients are seen within the timeframe but the latest statistics reveal that those visiting Charing Cross face longer waits.

The figure for March is the lowest for several months and indicates one of the poorest performances in the country.

Statistics released in February also showed that there had been a 13 per cent increase in 'type 1' attendances – the most serious cases – at Charing Cross last year, with more than 60,000 patients using 'blue light' services between April and December.

Campaigners fear the A&E department at Charing Cross will be closed as part of the North West London Clinical Commissioning Group's 'Shaping a Healthier Future' plans, although the CCG has repeatedly denied the claim.

Mayor's thanks

THE Mayor of Hammersmith and Fulham has paid tribute to the borough's residents after being re-elected to serve for a third year in office.

Councillor Mercy Umeh was elected unopposed at Hammersmith and Fulham council's annual meeting last week.

She said: "I am truly grateful for the privilege and honour given to me by this council to service our community as mayor once again.

"The last 12 months has been an exciting yet humbling experience and I would like to thank everyone for the support I have received this year.

"I have been around every ward in the borough and met some of the amazing people who make Hammersmith and Fulham a wonderful place to study, live and work."

Planning role

WEST London's representative in City Hall has been awarded a key planning role after being elected to the London Assembly earlier this month.

Conservative Tony Devenish was appointed as chairman of the London Assembly planning committee following his election victory on May 6.

The Westminster councillor will lead members in directing the London Plan and make final decisions on major developments.

"The planning committee has a vital role to play in shaping London over the coming decades," he said.

Jet-set seniors

ELDERLY people are becoming London's most intrepid globetrotters, according to new research.

A poll of almost 9,000 people over 50 showed that one in 10 will take on three city breaks a year.

The survey, by Saga Travel Insurance, debunks the myth that older people hide away indoors once they reach retirement age.

Among the most popular cities for over 50s to visit were Paris, Barcelona, Rome, Amsterdam, Berlin and Prague, while Edinburgh and York were top destinations closer to home.

Lawyers from Fulham took to the streets last week as they marched through central London to raise money for local legal services. A team from the Hammersmith and Fulham Law Centre, in North End Road, took part in the 10-kilometre London Legal Walk, alongside Hammersmith MP Andy Slaughter and former West London County Court judge Nick Madge. The group strolled through Hyde Park, past Buckingham Palace and along the Victoria Embankment, raising more than £2,000 to help fund the centre's legal advice and support services

Andy on a mission to help war veterans find a home

BY JACK DIXON
jack@londonweeklynews.co.uk

A CHARITY boss from Fulham is to take on a double header of daring feats in a bid to help war veterans find a home in west London.

Ex-serviceman Andy Fryer will cycle 100 miles around the capital before abseiling down the side of one its tallest buildings, Broadgate Tower.

Mr Fryer, the chairman of Fulham-based veterans' charity Stoll, is kicking off a major fundraising drive to mark the organisation's centenary year. He hopes to lead the charity to its ambitious £25 million target by 2021.

"I can't wait to take on this double challenge," he said. "Although I admit I'm a little nervous about dangling 500ft above the city."

Having served in the Falklands and Afghanistan during an illustrious military career, Mr Fryer now wants to set the wheels in motion for Stoll's 100th anniversary appeal. His first challenge will be the RideLondon race at the end of July, setting off from the Olympic Park on a 100-mile cycle past some of the city's most famous landmarks.

He will then tackle the heights of Broadgate Tower, abseiling 540 feet down the side of the building.

The charity, which also functions as a housing association for ex-service personnel, aims to help veterans live independently after leaving the forces.

But it says the housing crisis has led to a long waiting list for accommodation at Sir Oswald Stoll Mansions, the charity's block of 150 flats in Fulham Road, and its three other sites in west London.

The building is currently home to veterans of recent conflicts in Iraq and Afghanistan, as well as ex-servicemen and women who have served in conflicts dating back to the Second World War.

Mr Fryer, who has already raised £645 towards the cause, added: "Stoll currently provides over 250 homes for vulnerable veterans, many of them previously street sleepers, and put simply we need to build more flats because we are hugely oversubscribed.

"At present we are struggling to find space for all the people who need our help so we've launched our centenary appeal to raise money so we can help more of the ex-servicemen and women who have given so much to our country."

He said the two sporting tasks would be the toughest physical challenges he had ever taken on but that the mission to help fellow veterans would keep him going.

"I never fail to be inspired by the amazing impact Stoll has on the lives of vulnerable veterans," he added. "I'm really excited to be kicking off this fundraising drive."

To donate to Mr Fryer's appeal visit the website *http://bit.ly/200QABk*

Stoll chairman Andy Fryer is kicking off the charity's 100th anniversary fundraising appeal

Regeneration project on track, say developers

CAPCO, the developer behind the Earls Court regeneration scheme, says the project is "on track" despite continued objections from local campaigners.

The firm is due to complete the demolition of the iconic exhibition centre by the end of this year with the first of more than 800 new homes at Lillie Square to be finished in the next few months.

Ian Hawksworth, Capco's chief executive, gave a positive appraisal in a recent trading update.

He said: "Demolition to ground level at Earls Court continues on plan with completion on track for the end of this year.

"Construction of Lille Square is progressing well and the first homes will be complete later in the year as we welcome our first residents."

Mr Hawksworth also reported a "notable increase" in enquiries about the new homes since the start of the year.

The most expensive properties in Lillie Square are expected to fetch around £2,200 for every square foot of living space.

It comes amid further criticism from residents of the West Kensington and Gibbs Green estates who claimed last week that Capco had failed to listen to the community over the scheme.

Linda Sanders, secretary of the West Ken Gibbs Green Community Homes Board, accused the "big wigs" at Capco of rejecting residents' views on the "so-called regeneration".

'Get tough' on rogue landlords

FROM PAGE 1

carry out checks would lead to a fine. In fact, they could face a criminal record and possible imprisonment.

British Gas engineer Sheena Anker said: "I've visited properties and seen unsafe appliances which either haven't been serviced in years or have been installed by illegal gas fitters. Worryingly, tenants are often oblivious to the danger they are in.

"Although they may only rent out a room or property for a few weeks each year, it's crucial for part-time landlords to ensure that their tenants are kept safe, and to stay on the right side of the law."

Sadiq Khan, the new Mayor of London, set out plans during his election campaign for a 'landlord watchlist' and promised to "name and shame" dodgy landlords.

It comes after housing charity Shelter warned that one in 10 private renters in London suffered a health problem last year due to the poor condition of their homes.

Cllr Lisa Homan, H&F Cabinet Member for Housing said: "We recognise that 'generation rent' needs action to improve housing conditions. To crack down on rogue landlords, our officers have recently inspected approximately 570 properties since February – and a number of landlords will face prosecution for flouting the law.

"We are also targeting the private rented sector through the potential introduction of: additional and selective licensing, a landlord's charter, new House in Multiple Occupation standards and a social lettings agency."

Cover-up call

ASPIRING artists are being encouraged to offer suggestions for colourful designs to cover the hoardings around the Carnwath Road 'super sewer' site in Fulham.

Tideway – the firm behind the project – is offering members of the community the chance to produce artwork that will cover the boards.

Members of the Carnwath Road Riverside Community Liaison Working Group want the hoardings to become a "constantly changing gallery" for Fulham artists, celebrating the area's local heritage.

Media first

A FULHAM media company has been named the number one firm in its field.

Communications agency Media Zoo scooped the top prize at the EVCOM awards, which celebrate innovation in the creative industries.

The firm, based at Imperial Wharf, received the Production Company of the Year award.

Managing director Rachel Pendered said: "Media Zoo is a truly unique company and is committed to providing its clients with truly outstanding creative work delivered to the highest possible production standards."

Man flees fire

A MAN escaped from his sixth-floor flat and firefighters rescued two cats after a blaze broke out in an apartment block in Fulham.

The fire caused minor damage to the flat, in Waterford Road, but he was able to flee the building without sustaining injuries.

Firefighters arrived at the scene at around 10am last Wednesday morning (May 18) and rescued two cats from the property.

Officers are continuing to investigate what caused the blaze, which was brought under control shortly before 11am.

The future heroes of our armed forces were honoured with awards recognising their hard work and dedication during a ceremony at Hammersmith Town Hall.

Cadet flight sergeant Josef Tauron and Cadet Corporal Raphelle Burgess-Jones received the deputy lieutenant's award for their service to the RAF, while army cadet Sergeant Cameron Collis also picked up the prestigious prize.

The three winners were hailed as "wonderful role models" for the borough's young people, after Hammersmith and Fulham's deputy lieutenant Sandy Cahill – the Queen's representative - presented them with their awards. The honour recognises the highest standards of achievement within the service and only 60 are awarded across London each year.

Councillor Mercy Umeh, the Mayor of Hammersmith and Fulham, and Aminata Koroma, the borough's youth mayor also attended the ceremony alongside Councillor Alan De'Ath, the council's representative for the armed forces.

He said: "The commitment and dedication shown by these cadets is an inspiration.

"They are wonderful role models for Hammersmith and Fulham's young people and we're proud they serve in our borough."

U-turn on academies welcomed

by Olivia Loveridge-Greene

THE Government's U-turn over academy schools in England is "great news" for London's schools, according to a top councillor.

Education secretary Nicky Morgan announced last week that the Government would abandon plans to convert all schools into academies – taking them outside local authority control – just weeks after insisting there was "no reverse gear" on the policy.

The move was welcomed by the senior education spokesman for London's councils – who also called for more cash for the capital's classrooms.

Councillor Peter John, the executive member for children, skills and employment at London Councils – the body representing all of the city's local authorities – said the move was "great news for London's schools".

"Money set aside to help schools convert – said to be around £500 million – should now be used to level up funding across the country, ensuring no child is disadvantaged by the introduction of a new national funding formula," he added.

Currently all schools can choose to convert to academy status. However, those deemed to be struggling or failing can be forced to convert. The Government faced criticism when it announced it intended to force change on high-performing schools.

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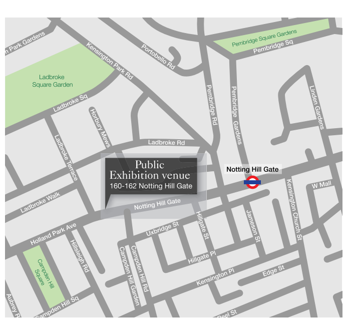

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Campaigning mum revamps play area

BY JACK DIXON
jack@londonweeklynews.co.uk

A DEDICATED mother has raised thousands of pounds to pay for a disability-friendly playground in Shepherd's Bush after fronting a successful campaign inspired by her nine-year-old daughter.

Hayley Wedgbury, whose daughter Mia has cerebral palsy, led a community appeal to revamp the playground in Wormholt Park.

She raised £7,000 to cover the cost of a wheelchair-accessible swing after complaining that Mia was unable to use the park.

Her campaign prompted town hall bosses to match the fundraising efforts and pay for a series of other improvements for disabled children who visit the playground.

Ms Wedgbury, who lives off Stamford Brook Road in Hammersmith, said she believed the revamp would help to improve children's attitudes to disability.

"I just want Mia to mix with children in the community," she said.

"People can feel quite uncomfortable around disabled children but if they get used to seeing disabled children in their parks, then it's an education. It won't be so shocking."

Mia has been visiting the park for several years but until now has been unable to use the swings because of her disability.

However, the revamped playground includes several wheelchair-accessible features that will enable her to make the most of the facilities.

A new swing, roundabout and trampoline have been installed to cater for children like Mia, along with a range of play equipment for youngsters who have sensory impairments.

Hammersmith and Fulham council matched Ms Wedgbury's fundraising sum after hearing of her inspirational story.

Councillor Sue Fennimore, the council's cabinet member for social inclusion, said the improvements would help disabled children to feel "part of the community".

"I'm delighted we could help fulfil Hayley and Mia's wish to create an inclusive playground for every local family in need of one," she added.

"The passion Hayley has for improving the life of her daughter and those of other disabled children is a real inspiration.

"Disabled children should be able to enjoy playground and feel as part of the community as every other child."

Following the fundraising campaign, Ms Wedgbury has pocketed a further £12,000 from Tesco to pay for extra improvements at the playground.

She managed to persuade the supermarket giant to choose the project as one of the community beneficiaries of its 5p plastic bag fund.

Councillors are now investing the money in new signs and sensory flowerbeds for the playground.

The revamp is part of a £1 million overhaul of Wormholt Park, which includes extra footpaths and refurbished court for ball games.

Blooming cheek! Flower show scam

BY GEOFF BAKER
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ORGANISERS of this week's Chelsea Flower Show have warned gardeners not to buy tickets from touts as they could be fakes.

Touts are attempting to sell £33 tickets to the show for £1,182 online, but the Royal Horticultural Society has issued a "buyer beware" alert.

The RHS is urging gardeners not to buy tickets from touts and warning that anyone with tickets that turn out to be fakes will be denied entry.

A spokesman said: "We urge people not be tempted to buy tickets from touts as you can't be guaranteed that the tickets they are selling are authentic and you may be refused entry to the show.

"We still have tickets available for Friday and Saturday and you can order them through our website. Public tickets are being sold from £33 and funds raised help us deliver our charitable objectives."

Visitors to Chelsea will this year experience an exhibit in the spirit of the Tower of London poppy display as a breathtaking show of thousands of handmade poppies will adorn a vista from the showground to the Royal Hospital.

Designer Phillip Johnson, who won Best Show Garden in 2013, is the creator behind the poignant flower exhibit. Using almost 300,000 individually crocheted poppies, Phillip's garden design will cover nearly 2,000 square metres in the grounds of the Royal Hospital, and show visitors will be able to admire his work from the showground.

Phillip has collaborated with the 5000 Poppies Project on the design of his spectacular tribute garden. The design stems from an installation at Melbourne's Federation Square on Anzac Day 2015.

The creators of the 5000 Poppies project, Lynn Berry and Margaret Knight, initially set out to crochet 120 poppies to honour their fathers who both fought in the Second World War, but this quickly escalated into a final total well in excess of quarter of a million poppies from an estimated 50,000 contributors. It captured the hearts and imaginations of people from all over the world, and inspired Phillip to present the collection at Chelsea.

The poppies have been handmade as a tribute to those who served in all wars.

■ **Don't miss your LWN next week for a full report and pictures from the show**

Here's the famous Crown Jewels as you've never seen them before – crafted entirely out of flowers. Renowned floral artist and five times gold medal winner at RHS Chelsea Flower Show, Joseph Massie was commissioned to create The 'G'rown Jewels to celebrate Queen Elizabeth's 90th birthday. The giant 'G'rown Jewels scene, made out of 2,500 flowers grown from seeds, features oversized depictions of the St Edward's Crown, the Sceptre with a cross and the Sovereign's Orb. The masterpiece is housed on a soil display cushion within a glass display box. The work was comissioned by high street retailer Wilko Pictures: SWNS

Children's charity on scent of Chelsea boost

BY JACK DIXON
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THE Chelsea Flower Show bursts into full bloom once again this week – but the occasion will be extra special for supporters of a leading children's charity.

A unique new rose has been grown especially for this year' show as part of a fundraising effort for the Barnardo's charity.

'Sweet Syrie' is being launched at Chelsea this week to honour the work of Sara Louise Elmsie – better known as Syrie Barnardo, the wife of the charity's founder Thomas Barnardo.

And it will be a sweet-smelling double celebration for the organisation as it marks its 150th anniversary.

"Syrie and Thomas' philanthropic work sowed the seeds that grew into the charity Barnardo's is today," said chief executive Javed Khan.

"This beautiful, strong rose is a fitting tribute to her tireless work, helping children off the streets of London to a sweeter future.

"Every 'Sweet Syrie' bought will help us raise money so we will always be there for the UK's most vulnerable children – then, now and always."

Syrie worked alongside her husband Thomas as he set about helping east London's destitute children in the late nineteenth century.

She continued to support the charity's vital work after Thomas died in 1905, making sure that girls as well as boys received its help.

It was Syrie's determination to do more for those in need that led to the charity opening its first home for girls – the 'Girls Village Home' – in Barkingside.

The launch of the rose at Chelsea – one of west London's most eagerly-anticipated annual events – will be a fitting tribute to Syrie, whose name means to "bring love and a new start in life".

Its long-lasting flowers are said to give off an appealing aroma that Barnardo's chiefs hope will entice visitors as the iconic show kicks off this week.

Phil Harkness, managing director of Harkness Roses, which grew the flower especially for Chelsea, said: "Barnardo's is an outstanding charity that has proved itself to generations of children.

"I hope 'Sweet Syrie' will provide pleasure in many gardens, act as an aide-memoire to gardeners across the country and help keep a living awareness of Barnardo's for years to come."

The Sweet Syrie rose, top, in memory of Syrie Barnardo, pictured in1890

'Syrie' Sara Louise Elmsie, was born in 1847, the only daughter of William Elmsie of Lloyds, in Richmond, Surrey. At the age of 26 she married Thomas Barnardo and, as a wedding present, the couple were given a 15-year lease on Mossford Lodge in Barkingside – the site of the charity's headquarters today – which became the Girl's Village Home.

Throughout her life, Syrie was a supporter of her husband's work and she raised money through letters and talks. After Thomas Barnardo's death in 1905, Syrie Barnardo continued to support the work of the charity until she died aged 96, in 1944. The couple had seven children.

‘Peggy’ hails nurse who helped tell cancer story

BY JACK DIXON
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DAME Barbara Windsor says she will be “eternally grateful” to a west London nurse who helped her tackle a complex breast cancer storyline on the set of *EastEnders*.

Specialist Dr Vickki Harmer advised the legendary actress, who plays Peggy Mitchell, as her on-screen character battled the illness.

Dr Harmer, a team leader at the Imperial College Healthcare Trust’s breast care unit at St Mary’s Hospital, was a guiding hand on the set as the former Carry On star’s character wrestled with cancer before leaving the soap permanently after 22 years.

During filming, Dr Harmer worked closely with the production team and actors to ensure the programme gave a realistic and credible portrayal of breast cancer.

She also worked on-set with the wardrobe, props and hair and make-up departments to make sure every scene was up to scratch.

“I was delighted to be asked to advise on such a momentous storyline,” she said.

“Eastenders has a long history of accurately portraying breast cancer storylines, which ensures that the public watching at home are receiving accurate advice about breast cancer.

“I am exceptionally proud to be given the opportunity to ensure these important storylines remain as true to life as possible.”

Dr Harmer is used to working on the small screen, having already advised on several storylines for film, television and radio dramas.

She has been behind the scenes on ITV’s *Coronation Street*, BBC Radio 4’s *The Archers*, and recently lent a hand on the hit film *Miss You Already*, starring Drew Barrymore and Toni Collette.

And this was her second appearance on the *EastEnders* set after she advised on the Carol Jackson breast cancer storyline in 2013.

Dame Barbara, whose portrayal of feisty pub landlord Peggy Mitchell over more than two decades has made her one of the soap’s most iconic characters, reserved the highest praise for Dr Harmer.

“Having a qualified cancer nurse on set such as Vickki has been a great sense of comfort to me as an actress,” she said.

“Approaching such a serious and sensitive health matter is very daunting as you wish to get things right as a mark of respect for the people who are affected by this awful illness.

“I think it’s imperative that television, film and theatre companies continue to seek professional advice and work alongside such people and organisations when dealing with health matters. I will be eternally grateful to Vickki for her guidance.”

Dr Vickki Harmer, inset, advised Barbara Windsor as her screen character confronted cancer

Don’t pull a sickie, recovery can begin in the workplace

LONDONERS should stop pulling sickies and get back to work if they want to shake off a cold, new research suggests.

A report by the Institute for Employment Studies claims that tucking up in bed and avoiding the office may not be the best way to deal with a bout of illness.

It challenges the idea that Londoners should be 100 per cent fit before they go back to work and argues that clocking in can actually aid the recovery process – even for those with serious health conditions.

The study assessed research from all over the world on the causes and effects of ‘presenteeism’ – the term used when people turn up for work even though they are ill.

It acknowledged that there was a risk of cross-infection when workers struggle on despite illness but suggested that the positive benefits of battling through have been overlooked.

“Of course we don’t want people to endanger their health further by coming to work unnecessarily,” said the report’s author, Dr Valerie Garrow.

“However, our report shows very clearly that if people with ill health are on the journey back to work after an illness or injury, having access to a phased or graduated return to work where they perform reduced duties or work fewer hours can benefit both them and their employer.”

The study highlighted that people with financial worries or fears for their job security were among the workers most likely to turn up when they are ill.

It also states that ‘presenteeism’ can make employees less productive and damage their mental health.

In some sectors, clocking in can be a bigger burden on the employer than staying at home.

But the report also found that fighting through a cold or seasonal bug can increase the chances of making a speedy and sustained recovery, reducing the amount of time it takes to get back to full working order.

Dr Garrow said managers should be encouraged to look out for employee’s “best interests” by working with occupational health and human resources advisors.

“They need to feel confident that they are acting appropriately and giving correct guidance to their staff,” she added.

Professor Stephen Bevan, head of human resources research development at the institute, challenged employers to help people with health problems feel more confident discussing them with their boss.

He said: “For some conditions a good-quality job and a supportive boss can have genuinely therapeutic benefits and, for many people, being away from work for weeks can undermine their physical and psychological health.”

Seniors enjoy 5am moment

CLUBBERS were left stunned when an elderly couple turned up at a world-famous London night club – and danced until 5am.

The Polish pair downed a shot of tequila and high-fived the DJ before hitting the dancefloor until daylight.

They were visiting their daughter in Watford and had read a good review of trendy Fabric nightclub in a Polish paper so decided to visit.

Party-goers at the club in Farringdon, central London, were gobsmacked when the couple, in their late 70s, started walking down the staircase into the club.

Promoter and DJ, Jacob Husley, 35, who has worked at the club on Sundays for nearly 10 years, described the couple’s appearance as “the best thing” he had seen in all his time there.

He said: “Right at the beginning of the night I saw them slowly making their way down the stairs because the woman was on crutches – it looked like they were lost.

“They were Polish and couldn’t speak English, so I walked up and asked security if they were OK – and was told they had tickets.

“I ran down to welcome them – I was just so astounded they were there. I gave them a tequila shot each and the woman gave me a high five, and then they both went on the dance floor.”

He said that the man did a lot of the dancing, but the woman did leave her crutches on one side and joined him for a few tracks.

Later during the night, a weekly club night called WetYourSelf, Jacob found a friend who spoke Polish so went with him to chat to the couple and find out more about them.

Translating, his friend told him that they were visiting their daughter who lived in Watford and, as they enjoyed discos in Poland, decided to come to Fabric as they had read a good review about it in the paper.

Faulty dryer triggers fire

LONDON fire chiefs have renewed an appeal for action against dodgy appliances after a tumble dryer burst into flames.

Beauticians had a lucky escape after the machine caught fire when fluff from towels came into contact with the dryer’s heating element.

The a smoke alarm alerted staff who managed to contact the London Fire Brigade in time.

The dryer involved is currently subject to a product recall, the brigade said.

Two fire engines and ten firefighters were called to the scene in Harrow, north London, to deal with the fire. There were no injuries.

A London Fire Brigade spokesperson said: “Thankfully the smoke alarm alerted people in the shop to this particular fire and everyone got out safely.

“Using a faulty electrical appliance like a tumble dryer is really dangerous but it’s not easy to find out whether a product is on the recall list.

“Only 10-20 per cent of them ever get returned or repaired so that means most faulty white goods continue being used, putting their owners at risk of a fire like this one.

“We are calling on the Government to introduce as single, publically accessible register of recalled products to make it easier for consumers to check out their kitchen goods.”

Pub demolition 'an act of vandalism'

BY LWN REPORTER
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AN historic west London pub that survived the Blitz was flattened by developers as it was being considered for listed building status, a public inquiry was told.

The demolition of the Carlton Tavern in Maida Vale was described as an "act of vandalism on a beautiful building" by "thugs and vandals".

The building was torn down in April last year without planning permission by Israeli-based developers CLTX Ltd, the inquiry heard.

The pub, which was the only building left standing on Carlton Vale after a Nazi bombing raid during the Second World War, was under consideration for listed status at the time it was bulldozed.

Following the demolition, Westminster City Council made an unprecedented legal decision to issue an enforcement notice ordering the developers to rebuild it brick by brick.

The council previously refused permission for CLTX Ltd to pull down the 1920s tavern to make way for a new building with a new pub and 10 flats.

The developer has appealed against both the planning decision regarding the development of the site and the terms of the enforcement notice, and no work has started to rebuild the pub.

Both appeals are being heard by the Planning Inspectorate at a public inquiry at Westminster City Hall.

At the time of the demolition Historic England were considering recommending the pub for Grade II listing, as part of a national project looking at inter-war public houses.

Representing the council Saira Kabir Sheikh QC said: "The demolition took place without prior notification, with all fixtures in situ and in full knowledge of Historic England's assessment of the pub for listing.

"It was a flagrant breach of planning control and building regulations with the single aim of frustrating the designation of the pub as a Grade II Listed Building, which Historic England has confirmed it would have been 'very likely to recommend.'

The demolished Carlton Tavern in Maida Vale Pictures: SWNS

"Following the wanton destruction which had initially taken place, the council sought and obtained interim and final injunctions from the High Court to prevent any further destruction and the removal of materials from the site."

The lawyer added: "Neither must the appellant be able to benefit from the consequences of its unlawful actions in demolishing the Carlton Tavern by using this as a justification for not rebuilding it.

"In addition to the heritage harm caused by the demolition, weight must also be given to the loss of community facility, which has since been registered as an asset of community value."

Rupert Warren QC, representing the developer, told the inspectorate the enforcement notice was "disproportionate" and called for the original plans for the site to be granted planning permission.

He said: "The structure when demolished was not listed or in a conservation area, but the enforcement notice seeks what is described as a "facsimile" reconstruction.

"The appeal is based on the proposition that such an exercise would be disproportionate and unjustified."

He added: "Whether the building would have been listed is now a matter of opinion. It is no part of the council's or Historic England's case that any reconstruction would be listed.

"The appellant's evidence is that a facsimile would be unlikely to be exact, would not reproduce the essential historic or architectural qualities of the unlisted building and would be disproportionate to the benefit thereby gained."

He argued that the developer's original scheme, which was refused on the grounds of affordable housing contributions, "would bring benefits in planning terms" and asked the planning inspectorate to approved the proposals for the site.

The inquiry also heard from Dr Nigel Barker, of Historic England, who set out some of the main reasons why the pub was being considered for listed status and why the building should be rebuilt.

He said the pub was a strong candidate for listing at Grade II and its special interest was both "historic and architectural."

Dr Barker said: "There is sufficient evidence to restore the main interior spaces for example the public bar, the saloon, the luncheon and the tea rooms, which illustrate the historic interest of the tavern as an example of an improved public house.

"The recovery of the architecture and design of the building is therefore achievable. Reinstating the building would once again enable people to be connected to the place, recovering some historic value. And for people who use the pub or for whom it figures in their collective memory it would restore some communal value.

"The rebuilding of the Carlton Tavern to match in facsimile the building as it stood prior to its demolition would therefore result in meaningful heritage restoration."

The inspectorate also heard from John Simmance, of the Friends of the Carlton Tavern, who described the developers as "thugs and vandals."

Describing the demolition, he said: "It was an act of vandalism on a beautiful building."

He added: "Since I was a kid, that pub stood there for the local community, and historically it was a beautiful pub."

Since the pub was demolished it has been listed as an Asset of Community Value.

The hearing continues.

£11.5m buys this oasis in Little Venice

BRITPOP legend Noel Gallagher stands to make a tidy profit by selling his stunning home for £11.5 million – if he can find a buyer.

The Oasis frontman is the latest A-lister to discover the high-end London property market is on its knees.

Other stars who have found their homes languishing on the market include Jamie Oliver, Tom Conti and Sam Taylor-Johnson, whose eight-figure homes remain for sale.

Gallagher, 48, moved to upmarket Little Venice in 2010 when he bought the semi-detached home for £8 million.

The substantial stucco-fronted period house overlooks the Regent's Canal and has five bedrooms, four reception rooms and four bathrooms.

At the bottom of the garden is a separate one-bedroom annex with a kitchen, bathroom and large gym.

Gallagher put the home on the market with an asking price of £11.5 million, with estate agency Knight Frank claiming it is on arguably the most desirable street in Little Venice.

Sales of homes above the £2 million mark have plummeted over the past 18 months.

Sound ideas make us resilient to

BY JACK DIXON
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Composer Sergio Lopez Figueroa runs regular 'Humming in Harmony' workshops at the Westminster Music Library

PEOPLE often fall back on their favourite songs during a moment of crisis – a soothing tune or a well-written lyric can be the perfect remedy for stress, pain or sadness.

But a group of singers in Westminster believe that music can be even more than that: a bona fide medical treatment for those living with long-term mental health conditions.

Composer Sergio Lopez Figueroa runs regular 'Humming in Harmony' workshops at the Westminster Music Library in Buckingham Palace Road. The sessions are built upon a series of vocal exercises designed to train the brain to block out extraneous sound and focus on the here and now.

A key part of the practice is group humming and participants are encouraged to build delicate vocal harmonies together.

Mr Figueroa, 50, says the simple process of making music can go a long way to healing the mind – primarily in a therapeutic sense but also by furnishing our artistic creativity. He believes humming can be used alongside other mindfulness techniques to conquer stress, anxiety and post-traumatic conditions.

"There are lots of treatments available but there are none that bring physical and mental wellbeing together," he said.

"I believe that through mindfulness exercises and the power of singing we can actually change our bodies physically. This is not like face-to-face group work where people discuss their problems. It is more about abandoning thought and giving way to feeling."

Mr Figueroa, who lives in Pimlico, says the workshops have helped people cope with everything from basic breathing problems and recurring headaches to crippling social anxiety disorders and work-related stress. He wants to carry out more research into ways that music can be harnessed to heal the mind, warning that mental health issues at work are costing London's economy millions of pounds every year.

"We are talking about a huge loss to the economy but this type of activity might be very useful," he said.

"It does not matter where you are on the scale – a top tier chief executive or an entry-level employee – everyone can benefit from this type of treatment.

"The humming gives people a sense of place and belonging, encouraging them to build meaningful relationships in a social environment. We see people who are often withdrawn and quiet become more expressive as they gain confidence and find their voice.

"This aim of empowering people to help themselves – rather than telling them what to do in a patronising tone – is a totally new approach to mental health."

Mr Figueroa was born in Gran Canaria before moving to Italy and then to the UK to study music.

He runs the free workshops in Westminster alongside his day-to-day role as a learning support assistant at Lambeth and Southwark College, as well as commissioned work as a composer.

He first became aware of the healing power of music as he struggled with his own physical and mental health problems. After being dealt a double diagnoses of diabetes and a congenital heart condition, he developed debilitating stress and anxiety issues. Inspired by the music of Bach, he turned to sound as a means of coping with his difficult circumstances.

He says the vibrations caused by constant humming can be healing in themselves, with one lady claiming to have been cured of a migraine after just one session.

But the longer-term benefits are linked to relaxation, focusing the mind and switching off from the hustle and bustle of our busy lives.

"I love London but it is a stressful place to live," he added. "People here are working under pressure and the living conditions for many are horrible.

"It is a busy and noisy city – but this practice is about embracing the idea that you can hum to the sounds around you and not fight with the environment."

Mr Figueroa says he wants to make London the world's first "humming city" by rolling out the workshops across the capital. His regular sessions attract groups of between eight and 12 people – but he currently receives no funding support for the exercise, despite its mental health benefits.

He now wants to work with people who have long-term health conditions as well as specific groups, such as breastfeeding mothers, to discover more about the potential of musical healing.

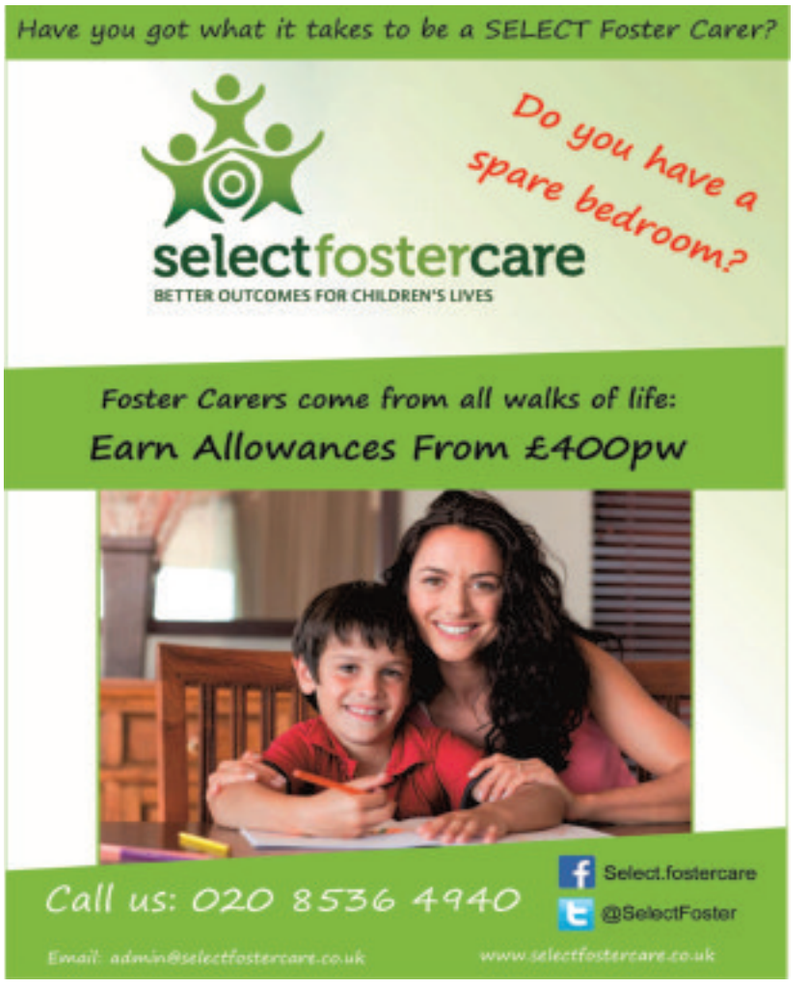
"Music is part of everyone's life and we invite people to bring their own songs to the group, songs that have made a difference in their lives," he added.

"Not being heard is a big part of the problem for many people who live with mental health conditions. I want to help people connect with themselves and their musical being because everyone can have this experience."

For more information about the group visit *http://bit.ly/1ToUWAH* or the 'Humming in Harmony' Facebook page.

> "This aim of empowering people to help themselves – rather than telling them what to do in a patronising tone – is a totally new approach to mental health
>
> **Sergio Lopez Figueroa**

Humming gives people a sense of place and belonging, encouraging them to build meaningful relationships, says composer Composer Sergio Lopez Figueroa, pictured above, centre



the challenges of mental health

The Mental Health Foundation has shared some of the personal stories of people in west London whose lives have been challenged by mental health problems.

Marking this year's Mental Health Awareness Week, the charity is focusing on how strong relationships can be fundamental to our emotional wellbeing.

Getting along with our friends and family, the charity says, is as essential to our lifestyle as eating healthily and taking regular exercise.

Here, Deena and Luke tell of their struggles with depression and how they fought to overcome their issues.

Deena found that building a toolbox of coping strategies helped her deal with mental health problems

Deena

MY name is Deena. I am 26 years old and have a borderline personality disorder and have battled with mental health problems for 14 years.

During this journey I have been exposed to numerous drugs, taking therapies including dialectical behaviour therapy (DBT) and psychotherapy, and at the hardest point been sectioned under the Mental Health Act.

Despite this rocky road I have, to the outside world, managed to maintain a 'normal' life. Building a toolbox of coping strategies that work for me has been crucial.

I grew up in a loving family, with close relationships with all my siblings and parents. But from a young age I displayed signs of BPD. My father worked abroad and the separations at the end of holiday visits were extremely hard. I would cry from the moment I left him, all through passport control, security, duty-free and on the plane.

Relationships at school also started to become difficult. I became withdrawn and would go from feeling extremely low to intensely angry in what seemed like a split-second. I could not cope with these internal emotions and started to self-harm. I also experienced suicidal thoughts.

In my second year of university things started to crumble. Slowly relationships broke down, due to a serious self-harm act in my final year. I was devastated that my university years had ended up being alone and felt that the disease had won and I had failed.

During my worst time I pushed my friends and family away because I thought it would be easier to take my life if I had no one to live for.

Fortunately for me, my friends and family did fight my battles despite endless attempts to self-destruct. It is only in the last two years that I have started to be open with my friends about how BPD affects my everyday life.

But it hasn't only been relationships with friends and family that have been crucial in my recovery. Campaigning for good mental health wellbeing at work has also allowed me to form close relationships with colleagues and create an environment of openness. I know that if I have a bad day, I won't feel judged.

Last week I hosted the mental health ball in aid of the MHF and over 100 of my friends and family attended. It was an emotional occasion as I realised how much support is out there for breaking the stigma on mental health.

The moments I share with my friends and family, the moments of laughter, smiles and happy occasions are what I treasure. I take photos and often look back when I feel down. Whilst there will always be moments that those dark voices creep in and I feel hopeless and want to give up, I remind myself that those relationships, those wonderful moments with people that are truly remarkable make the fight all worth it.

> "During my worst time I pushed my friends and family away because I thought it would be easier to take my life if I had no one to live for
>
> Deena

Luke

IN a time where many of us get a glimpse into each others lives via social media, it may be easy to assume that someone's life is extremely happy. And it can take many years before someone feels able to speak openly about depression and the daily struggles that go with it.

I feel fortunate to have grown up in a loving family with all the essentials needed to live a healthy life. But on a daily basis the negative destructive voices that project loudly between my ears are a constant.

As an endurance adventurer, my life online and in the flesh may look and sound perfect to many. But after suffering in silence for nearly a decade, it's only been over the past 12 months that I have felt the courage and strength to speak openly about the darker side of my life.

What has triggered this newfound strength? I mainly put it down to the constant relationships I have had with friends and family members over the years. The strength I have today from these relationships has enabled me to speak openly about what I go through.

One particular friendship has been quite unique and helped me get through some difficult times.

There were several moments over the past few years when I was having some extremely dark thoughts, and although I never spoke specifically about the battles I was having, Darrell was simply around to listen and chat when I needed him.

He knew me well, and would make me laugh as we share a very similar sense of humour. But at the same time he would know when it wasn't time to joke, and would just listen.

Knowing I had Darrell in my corner made me feel like I was needed on this planet, and although I never opened up to him about my ongoing battle with depression, having someone to simply speak with about anything but the destructive conversations that were constantly going on in my head was paramount to helping me eventually tell him – and others – about what I have been experiencing.

My journey is far from over but I would urge anyone who is suffering in silence to simply meet up and chat with a close friend, or another human being, as having a connection with someone can go along way to helping anyone feel supported.

Luke has only recently felt able to speak about his mental health

College makes students' wellbeing a top priority

STUDENT life is often portrayed as hedonistic and indulgent but for many young people it can be a time fraught with stress and anxiety, *writes Jack Dixon*.

Goodenough College – a residential home in central London for postgraduate students – takes the mental health of its members seriously.

The college, which is home to 700 students and their families, held a series of events and workshops during Mental Health Awareness Week designed to help its members learn to cope with the stresses and strains of coursework deadlines. Volunteers on the college's members' council also helped to set up a new resource centre – the Good Health Hub – which offers students specialised reading material targeted at training the brain to switch off from study.

College chaplain Jennie Hogan said the support network at the college was particularly important for the hundreds of overseas students arriving in London for the first time.

"We have students who come to stay with us from Mozambique, South Africa, anywhere in the world, and they are thrown straight into a stressful course," she said.

"Four long years of really hard graft under serious pressure can take its toll, so we try to encourage them to just stop working from time to time."

The college also hosted a de-stress event during the week, offering free ice cream to students and providing a forum for them to share their feelings about mental health and how it impacts on themselves.

Valeria Vallotto, who is co-chair of the members' council's community welfare committee, explained: "When you are studying intensively for a PHD it can be really hard to divorce yourself from all the work, and admitting that you have a mental health problem and need support is still surrounded by stigma in certain cultures."

She added: "But having that support network here at the college is a great help."

Wilhelm Rosenberg (chairman of members' council); Valeria Vallotto (co-chair of members' council community welfare committee); Jennie Hogan (college chaplain); Sarah Speziali (co-chair of members' council community welfare committee)

Invest in relationships that fuel happier lives

NEARLY half of all adults regret not investing more time in the relationships that matter to them, new research reveals.

A YouGov survey of over 2,000 adults commissioned by the Mental Health Foundation found that people identified maintaining healthy relationships as more important to their wellbeing than eating the right food, exercising and avoiding negative habits, such as smoking.

However, respondents were four times more likely to make a New Year's resolution to improve their physical health than to build relationships with their friends and family.

Women were found to put much more emphasis on the importance of having close friends, while the survey also revealed a generational difference, with 18 to 34-year-olds more likely to recognise the value of friendships compared to those over 45.

The Mental Health Foundation commissioned the survey after conducting an extensive review of global evidence, which overwhelmingly pointed to good-quality relationships being key in helping people to live longer and happier lives.

Jenny Edwards CBE, the charity's chief executive, said: "It's time to recognise the global body of evidence which tells us that people who are more socially connected to family, friends or their community are happier, physically healthier and living longer, with fewer mental health problems.

"Relationships require reflection, time, courage and grace. Modern life often reduces the space to do this.

"Too many of us cut back on our time with people we care about under stress – be it exams, work commitments or financial pressures. We need to give ourselves permission to spend more of our time on the friendships and relationships that are core to our wellbeing."

Get me to the bridge on time! New crossing may be top wedding spot

BY GEOFF BAKER
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Following the decision by new Mayor Sadiq Khan last week to give the £175 million bridge the final go-ahead, organisers have revealed images of how the oasis of beauty in the middle of the Thames will enchant the capital

AS work is to start soon on building the Garden Bridge, the first pictures of the structure in bloom have been released – as hopes rise that the glorious river crossing could become London's No 1 wedding spot.

Following the decision by new Mayor Sadiq Khan last week to give the £175 million bridge the final go-ahead, organisers have revealed images of how the oasis of beauty in the middle of the Thames will enchant the capital.

The Garden Bridge, which will be covered with 2,500 square metres of planted green space, will link London's creative South Bank to Temple tube station and beyond into the heart of Covent Garden.

Construction is due to begin this year, with the bridge being opened to the public in 2018 – probably with London's most famous garden enthusiast, The Queen, performing the ceremony.

The Queen is a huge fan of roses and organisers say highly-scented rose bushes will bloom on the bridge.

Visitors will be able to meander across or stop, sit and take in brand new views of London – and will be able to picnic there.

Organisers have announced that contrary to rumours, picnicking on the bridge will be welcome.

There will be 270 trees, 2,000 shrubs, hedging plants and climbers, over 22,000 perennials, ferns and grasses and 64,000 bulbs.

Award-winning landscape designer Dan Pearson has created five distinct landscape areas for the Garden Bridge, taking inspiration from plant cultivation in London over the centuries. They include the wild marshlands on the South Bank, through to the ornamental gardens of the North Bank and are designed to respond to the climate along the length of the Bridge.

Dan Pearson said: "I am thrilled to be bringing Great Britain's passion for gardens, gardening and horticulture to life on the Garden Bridge, using London's unique horticultural story to help inspire the design.

"There are so many exceptional moments from gardens past and living green spaces around us today and the Garden Bridge will complement and continue this rich history of horticultural excellence in London.

"Whatever the season, the planting will provide year round colour and interest with spring blossom and flowering bulbs, high summer flowers, autumn colour and winter interest from evergreens, scented shrubs and bulbs.

"An abundance of nectar-rich flower, berries and fruit will also create somewhere attractive to wildlife and the planting will also enhance and frame beautiful new views up and down the river."

The five landscape areas start with the South Bank which will include species once common on Lambeth Marsh and central London. Next, the South Glade will be woodland featuring plants known for spring blossom and autumn fruit.

The Scarp will be the central span and most challenging part of the Bridge, designed to create an environment similar to a cliff top landscape. The North Glade will be a second woodland area which takes inspiration from the parks and gardens of old London, with clipped plants to create defined forms.

The final North Bank landscape will echo nearby Temple Gardens with scented late winter and early spring flowering shrubs.

The Garden Bridge will be open 365 days a year from 6.0 am until midnight, apart from just several days when it will close early in the evenings for fund-raising events. Organisers had planned to close it for functions for 12 days a year, but new Mayor Khan says he wants fewer closures.

The bridge will be entirely free to cross – with no tolls – cyclists who push their bikes across can use it and will feature lifts for disabled access to the peaceful green platform. Some 3,380 people per hour are expected to cross the bridge – which is expected to become the must-have location for brides looking for a spectacular place to be married.

A spokesman said "this will be a bridge for everyone" and confirmed that applying for a special licence enabling the bridge to become a wedding venue will be "one of the options" that the bridge team is now to explore.

The Mayor described the Garden Bridge as a project that could rival New York's High Line, a public park that was built on a disused railway line thirty feet above street level in Manhattan, but warned that the Bridge "must be a genuinely public and open space for all Londoners, rather than a closed and private space".

Sadiq Khan said the Garden Bridge could rival New York's High Line

The Mayor has insisted the Garden Bridge Trust make a series of amendments to its plans to make the Garden Bridge more accessible, in exchange for his continued support for the project. His demands include:

- The Bridge to be closed for fewer days each year for private fundraising events – the current plans are for 12 closures a year.
- The Bridge to be closed for fewer hours each time it has to close for fundraising events, so that the Bridge can still be used in the morning and evenings – the current plans are for it to be closed from midnight to midnight
- A guarantee that children at local schools on either side of the river will get to visit the Garden Bridge and be involved in planting and maintenance – with a rolling programme of events for local school children.
- The Garden Bridge Trust to build a strong working relationship with all of London's parks, so that seeds and plants grown on the Garden Bridge can then be replanted in parks across the capital – ensuring it has a positive benefit for all Londoners.

The Mayor criticised the previous City Hall administration, saying "the early days of this project clearly fell short of our expectations on transparency", and pledged to "let the sunshine in" as he published the previously undisclosed full business plan for the Garden Bridge alongside a list of the funders of the Bridge.

Mayor Khan, said: "The Garden Bridge could rival New York's High Line. But it must be a genuinely public and open space for all Londoners, rather than a closed and private space.

"I expect the Garden Bridge Trust to ensure that the Bridge be closed fewer days each year for private fundraising events and fewer hours when they do. I also want a guarantee that an ongoing programme of visits will be laid on for local school children.

"The Trust must also look to build a strong working relationship with parks from all over our city, so that seeds and plants grown on the Garden Bridge can then be replanted in parks across the capital – ensuring it has a positive benefit for all Londoners. The early days of this project clearly fell short of our expectations on transparency. I am determined to run the most open and transparent administration London has ever seen and I will let the sunshine in on it."

My chinchilla is stuck in loo

A DESPERATE mum ended up having to call the plumber for help after her pet chinchilla got trapped behind her toilet.

Sooty, aged one, made a mad dash for freedom through a nook behind the toilet – leaving his owners baffled as to where he had gone.

After an extensive search of the family home in Richmond, Justine Panay decided to call engineers from plumbing company Dyno to help find the pet, which belongs to her son Tom.

Engineer Jordan Baker helped look behind the toilet, microwave and dishwasher and was about to give up hope before he suggested one further check in the kitchen using specialist CCTV equipment.

Eventually, the cheeky chinchilla was found holed up behind the kitchen cabinets and, after an hour and a half of coaxing, was brought back to safety.

Justine said: "I can't say enough about Jordan, he was amazing. Tom's in the middle of his GCSEs and losing Sooty would have been devastating.

Jordan said: "It might not be in the training manual, but we're always ready for anything."

Breakthrough for depression

A HALLUCINOGENIC compound derived from magic mushrooms could be used in the treatment of depression, according to research conducted in London.

The small feasability study, involving people with treatment-resistant depression, found that psilocybin was safe and well-tolerated. And, when given alongside supportive therapy, the compound helped reduce symptoms of depression in about half of the participants three months after treatment.

The research team, whose findings were published in *The Lancet Psychiatry*, warned that strong conclusions cannot be made about the therapeutic benefits of psilocybin.

But they said the findings show that more research in the field is now needed.

Study lead author Dr Robin Carhart-Harris, of Imperial College London, said: "This is the first time that psilocybin has been investigated as a potential treatment for major depression.

"Treatment-resistant depression is common, disabling and extremely difficult to treat.

"New treatments are urgently needed, and our study shows that psilocybin is a promising area of future research.

"The results are encouraging and we now need larger trials to understand whether the effects we saw in this study translate into long-term benefits."

Cancer risk

CANCER deaths could be almost halved if Britons ate more fruit and vegetables, exercised more and cut down on booze, according to new research.

The country's second biggest killer-behind heart disease – can be prevented simply by lifestyle changes, which also includes not smoking and maintaining a healthy weight.

A study of about 136,000 people found up to 40 percent of cases may be prevented if the public stuck to the advice.

Factors in the world around us, from diet, to sunlight, cigarettes and disease, play a far bigger role in fuelling the disease than dodgy DNA, it said.

New look at upgraded Grenfell Tower

BY GEOFF BAKER
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COUNCIL chiefs have praised North Kensington's "remarkable" new-look Grenfell Tower, which has been transformed with a £10 million refurbishment.

Funded by the Kensington and Chelsea Council as part of a wider £67 million investment of the area, the improvements include the installation of insulated exterior cladding, new double-glazed windows and a new communal heating system.

"All of this will greatly enhance the energy efficiency of the tower and help reduce residents' living costs. There will also be an impressive new foyer," said a council spokeswoman.

"Nine much-needed new homes were also developed from unused spaces in the building which is managed by Kensington & Chelsea Tenant Management Organisation (KCTMO).

There are also new facilities at the Dale Youth Amateur Boxing Club and Grenfell Under 3s Nursery. These, along with the new Kensington Aldridge Academy and the Kensington Leisure Centre, with its café, have helped to transform the neighbourhood.

Grenfell Tower in North Kensington now features insulated exterior cladding, double glazing and a new communal heating system together with nine new homes.

"The two-year project, which was designed and delivered by KCTMO in partnership with Rydon Construction, was a complex one as it took place with all 120 flats occupied throughout," said the spokeswoman.

"The logistics had to be carefully managed to minimise disruption. Essential to the progress of the project was close consultation with residents, ensuring that access to their homes was possible at all stages. Residents were kept informed through regular newsletters and meetings."

Council Leader Nick Paget-Brown said: "It is remarkable to see first-hand how the cladding has lifted the external appearance of the tower and how the improvements inside people's homes will make a big difference to their day-to-day lives.

"As well as this investment, in a relatively short space of time Grenfell Tower residents have benefited from a new academy and leisure centre which represents our ongoing commitment to North Kensington."

Robert Black, KCTMO's chief executive, added: "We're delighted to have worked in partnership with the council to deliver this major regeneration of the tower. This has improved the homes overall and residents now have the benefit of living in energy-efficient homes, in a vastly improved environment.

"I am especially pleased with the nine new homes, which cost £878,000 to deliver, and add much-needed family homes for the Royal Borough. The whole project was done within budget too."

Grenfell Tower is a prominent 129 apartment tower block on the Lancaster West Estate in North Kensington and was built in 1974. It is next to the Kensington Aldridge Academy and the Kensington Leisure Centre.

Work on the £28m academy began in December 2012 and has created a striking new academy serving the local community, with all of the students living less than a mile away. The site was gifted by the council, which also contributed £10.4m towards the construction costs.

Nearby stands Kensington Leisure Centre which is the result of a £29.4m cash injection from the council. These two projects represent a £57.4m investment in the area and are part of the council's ongoing commitment to regenerating the north of the borough.

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Heritage Healthcare Kensington Owner & Director, Ayaan Abdulle

Heritage Healthcare Kensington Owner and Director, Ayaan Abdulle, is a highly organized individual, focused on providing an excellent service. Ayaan is driven to provide her community with a homecare service which improves and enhances the lives of others.

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To Leicester, from London with love

BY LWN REPORTER
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A TALENT artist has created a stunning mural of the Leicester City team to honour the Premier League champions.

Richard Wilson, 42, has spent six hours a day for the past three weeks painting the 12ft (3.6m) tall masterpiece on a wall in the city - and he isn't even a Foxes supporter.

The QPR fan, from Wembley, north London, took time off from his job as a van driver to work on the impressive mural on Glenfield Road behind an electrical store.

It depicts Claudio Ranieri, Kasper Schmeichel, Riyad Mahrez and Wes Morgan but Richard plans to immortalise the entire title-winning team on the 164ft (50m) wall.

His artwork has attracted hundreds of Leicester supporters who take photographs at the site on a daily basis – and even The Tinkerman himself has posed for a snap.

Richard said he decided to travel over 100 miles to undertake his project after Leicester beat Swansea 4-0 to inch closer to their 5,000-1 championship win.

He travelled armed with just his paint cans and ladders after being inspired by the ultimate underdog story during the fairy tale Premier League season.

He said: "I'm not from Leicester and I've never been a Leicester City fan but I'm a fan of football and what they did was amazing.

"You don't have to be a Leicester fan to enjoy this story. For me what they have done is something that transcends football and sport as a whole. It's a lesson for life; that anything is possible if you really work for it. They have made the impossible possible and it only adds to it all that Claudio Ranieri comes across as such a lovely man, a real character.

"So, I took a couple of days off work and headed up the M1 to Leicester.

"I just wanted to start with a picture of Claudio Ranieri with the City flag but it snowballed from there.

"I found this wall and asked the owner of the store if I could use his wall for a giant painting of Ranieri."

The owner of Mark's Electrical, Mark Smithson, is a well-known Leicester City fan and jumped at the opportunity.

Richard added: "He just told me to get cracking. So I did.

"I'm not a professional artist I didn't even have a website until I came here.

"The guy from Sky Sports filmed me and he said: 'Look, mate - you really should put your website details on here, you know', which was decent of him because I wouldn't have thought.

"I'm trying to take on board all the nice comments. People really have been lovely.

"My favourite bit so far I think it's Schmeichel. I couldn't get him right. If I'd have drawn him on a piece of paper, I'd have screwed it up and thrown it away.

"You can't do that when it's on a brick wall. You've got to find ways of making it work

"It is permanent though. People keep asking me if it will wash off. .

"It might fade, but it should last for many years.

"I'll be pleased when it's finished, but I will miss it. I've enjoyed being here.

"Leicester City are not just my second team - Leicester is now my second home."

Artist Richard Wilson works on his spray paint mural on Kate Street, Leicester Picture: Dave Evitts/SWNS

Iconic ground stages pioneering fixture

BY JACK DIXON
jack@londonweeklynews.co.uk

LONDON has played host to the world's first dementia-friendly cricket match, as part of a drive to improve sports fans' understanding of the illness.

Bosses at Surrey County Cricket Club installed a quiet entrance for people with dementia and gave stewards special training ahead of the County Championship match against Middlesex last week.

The four-day game, held at the Kia Oval in south London, was hailed as a shining example to the rest of the sporting world about confronting mental health issues.

People with dementia and their families and carers were allowed into the ground for free, while extra signage was put up to guide those with special requirements. Volunteers and stewards were also given dementia-awareness training ahead of the match as the club teamed up with the Alzheimer's Society to mark Dementia Awareness Week.

Jon Surtees, the club's communications manager, said: "The London derby between Surrey and Middlesex is one of the biggest days of the year and we hope that being able to provide a dedicated, secure and welcoming environment has enabled families living with this disease to bring their loved ones and enjoy a day at the cricket."

Scientific research suggests that people living with dementia can trigger memories by visiting places where they have previously enjoyed happy times.

Mr Surtees said the club hoped to make a "positive difference" to people's lives by making the ground more accessible for those with severe memory loss.

The Alzheimer's Society is campaigning to raise awareness of the condition and encourage Londoners to understand the impacts of dementia. It warns that there are around 72,000 people living with the disease in London – and more than 225,000 nationwide.

Tim McLachlan, the charity's operations director for London, said: "We want to focus on tackling the myths and misunderstandings about dementia because life doesn't end when dementia begins.

"Confronting the condition sooner rather than later increases your chances of getting the right treatment, support and advice. I would like to thank Surrey County Cricket Club for embracing Dementia Awareness Week by creating a dementia-friendly environment where people with the condition can relax and enjoy a day out at the cricket."

London's Kia Oval has made history

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Capital nights

EDITED BY GEOFF BAKER

New face of Bowie revealed by three of best lensmen

AFTER the songs, image is all in rock and roll. Aside from Brian Epstein – who put The Beatles in suits so that they could appeal to a straighter, but larger, fan base than those who liked their biker jacket look, in order that they could sell more records – nobody understood the importance of a strong image better than David Bowie.

From Ziggy Stardust through Aladdin Sane to the Thin White Duke and the rest of his character-led career, Bowie artistically and artfully created a series of looks that his fans could emulate and thus advertise their hero.

Just as Epstein's marketing of The Beatles' haircuts drove otherwise-respectable businessmen to walk down Regent Street in mop-top wigs, so Bowie's characters drove millions of young men to borrow their mother's eye-shadow in order to lope about the King's Road looking like drag acts.

It was an easy look to copy and of course it paid off handsomely in record sales and concert tickets. As Bowie admitted, he deliberately fashioned his image to be replicated.

"I wasn't at all surprised that Ziggy Stardust made my career. I packaged a totally-credible plastic rock star – much better than any sort of Monkees fabrication. My plastic rocker was much more plastic than anybody's," he once said.

But although you can employ all of the PRs and marketing men on God's earth to push that image, the most important in the making of it is the rock photographer.

Now three of the finest photographers who captured Bowie in his many characters – Chalkie Davies, Tony McGee and Denis O'Regan – are to come together to reveal a unique collection of images from their private archives for a new exhibition opening in the West End next month.

The exhibition, *David Bowie: Fame, Fashion, Photography*, will run June 7 to 9 at The Hub in Heddon Street, opposite the famous Ziggy Stardust plaque, which was erected to mark the spot where Bowie posed for the cover of his seminal album *The Rise And Fall Of Ziggy Stardust And The Spiders From Mars*.

David Bowie understood the power of image

The exhibition is the result of a five-month labour of love by PR and marketing ace Susie Howard, who was responsible for the plaque going up in Heddon Street in 2012. Susie brought onboard lifelong Bowie fan, Spandau Ballet's Gary Kemp, to select the music to accompany the show and worked on curating it with the V&A team behind the acclaimed David Bowie Is exhibition.

But most importantly, she worked with three of the best photographers in the rock business.

Chalkie Davies, well-known to readers of the old *NME* and *The Face*, became a professional photographer due to Bowie, getting into the game after seeing the last night of the Ziggy Stardust tour in 1973.

On his subsequent first studio shoot with Bowie, Chalkie showed him his pictures and, as you do in the image-obsessed industry, asked him which one he preferred.

"He said 'I have no idea, you pick'," Chalkie recalled.

"That was typical of this humble and kind man. David gave his all to every photographer with whom he formed relationships, that's why he was special and loved and respected by everyone he worked with."

Tony McGee's first collaboration with Bowie was to shoot all the publicity shots for the *Let's Dance* tour of 1983 and they continued to work together into the 1990s.

"I first met him at a cocktail party at the London home of the impresario Michael White. David bounded into the room and we immediately hit it off. Later that week his record company contacted me and the first of many shoots was arranged," said Tony.

Denis O'Regan first photographed Bowie at the Hammersmith Odeon in 1973 and then became his personal photographer on the 1983 Serious Moonlight tour and went around the world with him again on the 1987 Glass Spider tour.

"There were ups and downs on the road but David was a true English gentleman," said Denis.

"I once upset him in Japan and he told me, 'get out of my sight'. But a few days later he arranged a picnic in a national park for us and he drove me there himself. David was a kind, talented man who changed my life long before I ever met him."

The free-entry exhibition next month is supported by Regent Street and it aims to raise thousands of pounds for Cancer Research UK through a silent auction of framed images of Bowie which are signed by the photographers. Bidding for the iconic images will open on June 6 and will close at the end of the exhibition.

To bid for any of the photographs, go to *www.cruk.org|Bowie\FFP*

Rock's fizz: Bands break out their own bubbly

DESERT Trip, the "gig of the century" battle of the bands which will star The Rolling Stones, Bob Dylan, Paul McCartney, Neil Young, Roger Waters and The Who, could turn out to be the battle of the bands' booze.

The once-in-a-lifetime rock event in October at the Empire Polo Club, home of the Coachella Festival, has excited fans from all over the world to battle for tickets – which sold out in minutes and which are already changing hands for £19,500 for two pairs of VIP seats.

Clearly all of the rock god acts will be competing hard to win the crown as the best act in the unprecedented show, but who will win the award for the best backstage bar – because most of the bands have their own-name tipple.

The Who's frontman Roger Daltrey has announced plans to launch a limited edition champagne to mark the band's 50th anniversary.

The bubbly entitled Champagne Cuvée Roger Daltrey, will be available to buy soon for £95 a pop, with a percentage of the proceeds going to Teen Cancer America, which was founded by the band.

"I am very excited to have this opportunity to express my passion for champagne through this limited edition cuvée. I hope you enjoy it as much as I do," said Roger.

The Champagne is produced by Charles Orban Champagne, a family vineyard in the village of Troissy, situated on the left bank of the Marne. Produced from a blend of three grape varieties, Chardonnay, Pinot Noir and Pinot Meunier, it is said that the cuvée has a creamy texture with fine, lively bubbles.

A limited-edition ice bucket, made by L'Orfèvrerie d'Anjou, will also be made available. Like the bottle itself, the buckets are moulded and decorated with The Who bullseye as well as Roger Daltrey's signature. The champagne ice bucket is available in ten colours in a limited edition, each of which is numbered and priced at £650.

Cohen returns to fray with fresh impetus

REVIEW
Thomas Cohen
Rough Trade East
✶✶✶

THOMAS Cohen's artistic rebirth has been a test of personal character as much as creative endeavour.

The south east London singer was thrust into mourning after the shock death of Peaches Geldof, his former wife and the mother of his two children, in April 2014.

The couple's growing celebrity status coincided with the rapid rise and sudden disintegration of Cohen's previous band, art-rock shoegazers S.C.U.M, who were hailed as the next big thing in 2011 before splitting barely a year after the release of their debut album.

It appears, however, that the singer has emerged from the two-year grief cycle in a reflective and surprisingly chipper mood.

Cohen's first forays as a solo artist are impressively mature - his fragile, aching vocals steering stripped back compositions that ape Nick Cave & the Bad Seeds and the more sombre Suede numbers.

Brett Anderson, front man of the 90s Brit-Poppers, is a clear influence.

Cohen's warbling, nasal falsetto is remarkably reminiscent on shimmering new tracks 'Ain't Gonna Be No Rain' and 'Mother Mary'.

'Country Home' and 'New Morning Comes' echo the sadness of his traumatic personal life, while 'Bloom Forever' – his daughter's middle names – drifts along with a melancholic sincerity.

Cohen, dressed in flamboyant glam pop garb, is a polished performer too. Dropping his guitar for the two closing numbers, he dances across the tiny Rough Trade stage channelling a Bowie-esque androgyny.

The London singer's spirited renaissance is testament to his personal growth since Geldof's death. His songwriting is snappier and more defined than with S.C.U.M, and the piercing honesty cuts through like a hot knife.

On this performance, Cohen could yet have a big role to play among the capital's pop glitterati.

JACK DIXON

Capital nights

EDITED BY GEOFF BAKER

Alexander prepares for BBC's raunchiest drama

THE BBC would like you to meet its first bi-sexual pin-up, or at least its first since the days of Larry Grayson, *writes Geoff Baker*.

TV chiefs are entirely confident that, as each-way-swinging Phillipe I in its lascivious new blockbuster *Versailles*, actor Alexander Vlahos will have men and women alike drooling over the screen in the drama about the French court which is currently being promoted as "the raunchiest series ever shown on the BBC" and has been condemned by at least one Conservative MP for bringing 'porn' to primetime, which should assist the ratings nicely.

Welsh-born Alexander, known best to viewers as Mordred in Merlin, says the drama, which is said to boast "the most-graphic sex scenes ever in British TV history" will be something of an eye-opener.

"It's going to blow UK viewers' socks off," says Alexander, "it's very rock and roll."

"Philippe is the younger brother of Louis XIV, the King of France. He is a 26-year-old effeminate dandy, but he's also described as a warrior so he has a sort of duality in his personality.

"Although he's homosexual, he has a wife, Henriette – the sister to Charles II of England. She's also the King's mistress, so they really were one of the first dysfunctional families."

Alexander says he was inspired by the late, great and at times gender-confusing David Bowie to play the part in which he is being tipped by TV bosses to "beat all other TV pin-ups and even prick *Poldark*".

He explained: "Phillipe wears women's clothes, and he was brought up wearing women's clothes from the age of three months old so he wouldn't be a 'threat' to Louis and the crown.

"But in doing so it's actually made him more powerful, more extraordinary I guess. He's a gift of a character to play. When I first got the part they described him as a 17th century David Bowie. When I read that I thought, I can do that. That description really sums him up. Funnily enough, our director for in certain scenes would give me notes along the lines of 'do you think you could do this a bit more like Iggy Pop? Do you think you could do it a bit more like The Stooges?' He wanted me to be a little bit 'out there', a little bit otherworldly."

However, even just the trailers for the epic period drama are proving a bit too "out there" for clean-up TV campaigners.

Conservative MP Andrew Bridgen is not impressed by the coming flesh fest.

"There are channels where, if you wish to view this sort of material, you would have to pay for it," he said.

"BBC viewers don't have a choice. They have to pay for it whether they approve or not. Is this an example of the BBC dumbing down and seeking more sensationalised programming? That's an arms race to the bottom – quite literally in this case."

Norman Wells, director of the Family Education Trust, isn't happy either.

"Public service broadcasting is meant to be for the public benefit, but it is very difficult to see whose benefit is being served by showing such highly-graphic and explicit scenes on TV," he said.

The answer to that, of course, is that it will be to BBC2's considerable benefit as the ratings will shoot through the roof to levels last achieved when Natalie Dormer spent most of the series peeling off to bed Henry VIII in *The Tudors*.

Prepare to be scandalised: meet the cast of *Versailles*

Alexander Vlahos will have men and women alike drooling over the screen

Robbie show is not to be missed

THOSE who missed Britain's best guitarist at The Half Moon in Putney last month will get another chance this week when Paul McCartney's ex-sideman Robbie McIntosh performs again as the lead axeman with his other band, Wilson.

Led by singer-songwriter Steve Wilson, *Old School, New Rules*, the debut album of this five-piece band was recently hailed by Record Collector as a collection of "immaculate, accessible and inviting songs" and punters are assured of a treat night of musical excellence as Robbie and Steve team up with Simon Felton on bass, Timmy Wheeler on drums and Chris Richard on keyboards.

Expect melodic songs with excellent harmonies and a definitive showcase in guitar-playing as Robbie, who was also lead guitarist in The Pretenders and the John Mayer Band, adds the edge with such accomplishment that you'll want to go home and burn your Fender.

Wilson appear at The Half Moon on Thursday, May 26. On stage at 8pm. Tickets £12 advance, £14 on the door.

Chinese take away any ill-feeling

BY GEOFF BAKER
geoff@londonweeklynews.co.uk

AS the row between China and the UK continues to rumble into grumbles over who is the "rudest" and least cultured – all The Queen's men or all of President Xi's – now Her Majesty is set to get a visit from a party of 7,000 Chinese who want to look around her house.

Relations between the two powers took a bit of a dent when the proclaimed "Golden Age" was made to look to be a bit of an age of Fools' Gold following Her Majesty's remark that some of Xi's staff were "very rude to the ambassador", namely Barbara Woodward, Britain's first female ambassador to China.

In retaliation and amid suspicions that The Queen's videoed conversation with Met police commander Lucy D'Orsi – the cop in charge of security for Xi's state visit – was some sort of set-up, an official Chinese newspaper responded by blaming the British Press for whipping up the diplomatic storm.

In a wonderful display of not mixing its words, *The Global Times*, published by the ruling Communist Party's official People's Daily, let rip at oiks like me, saying "The disrespectful gossipers in the media there, narcissistic and baring their fangs, seemingly retain vestiges of the inelegance of barbarians."

It added: "However, we believe that with constant contact with the 5,000-year-old civiliSation of the East China they will make progress."

The Global Times also said that it was inconceivable that British officials had intentionally leaked the video because such a move would be "truly boorish and rude".

Putting my fangs in their glass by the bed, it must be said that the Chinese do have a point as the whole sequence of the controversial video does have the look of possibly being a setpiece. The equerry who introduces Her Majesty does seem to know all about Commander D'Orsi's "rude" experience and he encourages the officer to relate her story to The Queen as the palace cameraman stands just feet away.

Although officials may deny that anyone realised the cameraman was actually recording the meet and greet – in which Commander D'Orsi complained that Xi's visit was "quite a testing time for me" and revealed that in the planning of the visit Chinese officials at one point walked out, saying that the trip was off – anyone born this side of the invention of the Box Brownie knows that modern cameras do tape both sound and vision. So that whole "we had no idea" line seems to ring a bit thin.

In itself, the conversation – in which The Queen makes no more damning a condemnation of the Chinese treatment of Commander D'Orsi than to comment that it was "extraordinary", a polite remark which is hardly up there with "you should have hit them with a brick, luv" – is not anything to go to war about.

The Queen's skirmish with the sensitivities of Anglo-Chinese relations reminded Geoff Baker of our recent history

But history has a part in this and it should not be overlooked. For it was not that very long ago, during the reign of Her Majesty's great-great-grandmother in fact, when the British forced upon China one of the greatest outrages ever perpetuated under the guise of a trade agreement, namely The Opium Wars.

In essence, the Opium Wars came down to this: Britain wanted to trade with China in the 19th century. China said "no thanks". Britain said, "we don't just want to trade with you, we want to sell you opium which we're making our colonists grow in India".

China said, "are you mad? We don't want to become a land of junkies, do you take opium in Britain?"

Britain said, "of course not, but we demand that you do, because you're 'only' Chinese, you'll love it".

"Bog off," said the Chinese, "opium will destroy our society."

"We don't care," said the Brits, "and what's more, if you don't start taking our opium in return for your tea and silver, we will send our gunboats in and blow you to pieces".

Which is pretty much what happened.

So to put it into historical context, the Chinese reaction to getting a little badmouthed by the Brits is a bit as ours would be [and occasionally is] when the Germans start bossing us about and we rapidly melt down into becoming Alf Garnett, with all of that "who won the war?" lark.

However, all's well that ends well and now the bruised relations between China and the UK are about to be salved through the intervention of a Chinese billionaire who is a huge fan of The Queen and wants to bring thousands of his staff to Buckingham Palace.

Mr Li Jinyuan is the boss of Tiens, a multinational conglomerate, mainly operating in biotechnology, logistics, finance, property, international trade, retail, e-business, education and tourism, based in the Chinese port city of Tianjin.

Mr Li likes to reward his hard-working staff with regular trips aboard. This month he spent £5.5 million taking a party of blue-uniformed 2,500 staff on a five-day, all-expenses-paid visit to Spain.

Now he has told *The Times* – the London Thunderer, not the Chinese one interested in dentistry – that for his next trip he hopes "to bring 7,000 workers to the UK, turning Buckingham Palace and the Tower of London into a blur of blue".

Mr Li said: "We are planning a trip to Britain in the next two years. The UK is the most important country in Europe. It is the mother country for culture".

Although Mr Li's claim contradicts the Chinese media's assertion that China's claim to the culture crown is somewhat more long-standing, the trip is bound to provide a huge boost for London hotels, restaurants and shops – including Buckingham Palace's own gift shop, where sale items like a stick of lip balm in the shape of a uniformed policeman (£5.95) will doubtless settle the argument of who is the most cultured.

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Will a royal runner go the extra mile in London Marathon 2017?

HOPES are rising that next year's London Marathon could star at least one royal runner, *writes Geoff Baker.*

The official charity for the 2017 Virgin Money London Marathon has been named as Heads Together, a campaign set up by the Duke and Duchess of Cambridge and Prince Harry.

The excellent campaign, designed to raise much-needed awareness and funds for mental health charities and their vital work, is a partnership between inspiring charities with decades of experience in tackling stigma, raising awareness, and providing vital help for people with mental health challenges.

Heads Together aims to raise awareness of mental wellbeing and help tackle the stigma that prevents people from talking about issues or getting help. Charity runners who choose to support the Heads Together campaign as part of the 2017 Virgin Money London Marathon will be raising vital funds for: Best Beginnings; CALM; Contact (military mental health roundtable); Place2Be; The Mix; YoungMinds; and local branches of Mind.

Now there is growing hope that at least one of the young royals will put their feet where their hearts are and enter for the marathon, the rigors of which may not be beyond the likes of super-fit Prince Harry.

Clearly, nothing would draw more attention to the admirable aims of Heads Together, nor would raise more money for it on one of those Just Giving sites, than if Harry or William were to run in the marathon.

Whilst not wanting to teach the keener PR minds of Kensington Palace how to suck eggs, if the three royal patrons of Heads Together were to put their legs together and enter as some sort of relay team, each taking on 8.73 miles of the 26.2-mile race, it would cause a media sensation that would attract massive coverage all over the UK and around the world.

Sadly, massive media coverage and a seismic shift in public awareness is what the aims of Heads Together very much needs, for the problem of mental health in London and across the UK is one of the nation's gravest crises, as the statistics alone testify:

Ten per cent of London children and young people aged five to 16 suffer a diagnosable mental health disorder – that's three in every school class – 1 in 12 children and young people self-harm, over the last 10 years there has been a 63 per cent rise in hospital admissions for children self-harming, 79 per cent of children in care have behavioural or emotional problems, 95 per cent of imprisoned young offenders have at least one mental health disorder, 20 per cent of adolescents experience a mental health problem in any one year, the cost of treating mental health in the UK and the loss of productivity because of it is estimated to be between £70 billion and £100 billion and every year hundreds of children commit suicide because of their despair brought about by mental ill health.

There is much to be done and to be run for.

Prince Harry's participation in next year's London Marathon would do wonders for charity fundraising

Landmark victory for Fab Four

BY GEOFF BAKER
geoff@londonweeklynews.co.uk

THE Beatles have beaten the Royal Family in a new chart which reveals which "home" foreign tourists most want to visit.

The Fab Four's old stamping ground, The Cavern Club in Liverpool, has come out on top of Buckingham Palace in a survey of the greatest British landmarks.

The Trip Advisor's top 10 list of the Travellers' Choice Awards for UK Landmarks, places the Palace at No 10 – with the Cavern at No 9.

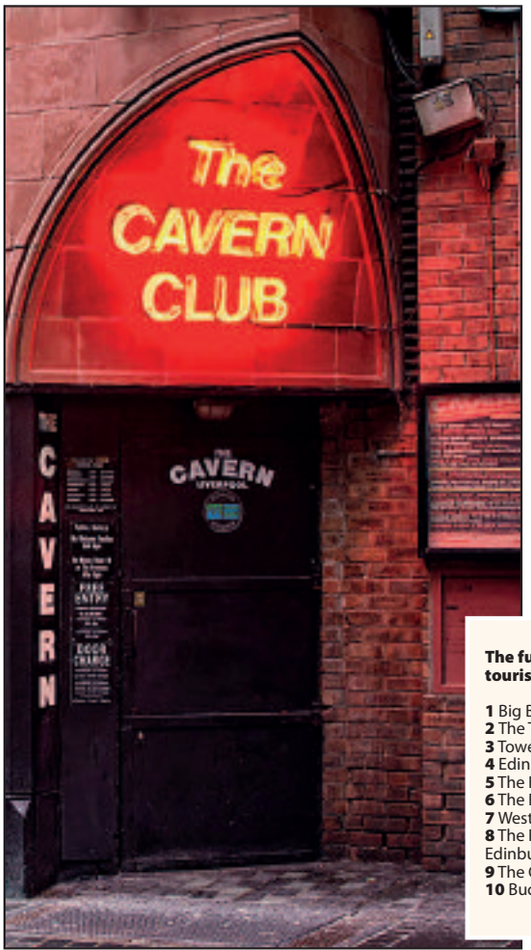
Between July 1961 and August 1963, The Beatles made 292 appearances at the Cavern, putting the former jazz dive on the map as the birthplace of rock and roll and establishing it as the most famous club in all the world.

Although no Beatle has performed in the Scouse cellar since Paul McCartney played there in 1999, the club has become a shrine for visitors from all over the world and more than 800,000 fans each year eagerly trek down the stairs just so they can be in the room "where it all began".

Buckingham Palace has been the official home of the British monarch since 1837, when Queen Victoria came to the throne.

Each year it draws an estimated 15 million visitors to its gates to admire the Changing of the Guard and, when open to the public during The Queen's summer holidays in August and September, it attracts more than 400,000 inside to view the State Rooms.

Among the visitors to the Palace over the years were The Beatles themselves, when they were awarded their MBEs in 1965 and during which visit they all shared a cigarette in the royal toilets to calm their nerves – and not a cannabis joint as was later rumoured.



Understandably, the Cavern's directors are cock-a-hoop at beating the Palace in the visitors' poll.

"We're delighted and excited to be named in the UK's Top Ten Landmarks for 2016. Those four lads from Liverpool really didn't understand what their legacy would be," said Bill Heckle, who co-owns The Cavern Club with fellow Scouser Dave Jones.

"The Cavern has seen a record number of visitors in 2015, with 800,000 people from all over the world who made their way down the winding steps of our world famous club to discover and experience the powerful sound that was and still is The Cavern Club.

"The ethos of the Club has always been 'Then, Now and The Future' and we look forward to celebrating The Cavern's 60th birthday in January 2017.

With a host of special events taking place during our year-long celebration, we anticipate to welcome even more visitors and hope that they too feel inspired to share their experiences on Trip Advisor."

But Mr Heckle, who has visited Buckingham Palace on three occasions, admitted that he was a little red-faced that the Cavern has been rated above Her Majesty's home.

"I was invited to meet The Queen's PA, who is a Scouser, during a couple of trips to London on business with Apple Corps, The Beatles' company, and I'm a bit embarrassed that we've beaten the Palace because their toilets are better than ours," he quipped.

The full list of Top 10 UK tourist landmarks

1 Big Ben
2 The Tower of London
3 Tower Bridge
4 Edinburgh Castle
5 The Houses of Parliament
6 The Roman Baths, Bath.
7 Westminster Abbey
8 The Royal Yacht Britannia, Edinburgh
9 The Cavern Club
10 Buckingham Palace

The Cavern Club, main picture, relegates Buckingham Palace to 10th position

Talk of the town

THE classic tale of Holly Golightly is being given a new lease of life as *Breakfast at Tiffany's* becomes a play writes *Nicky Sweetland*.

Written by Truman Capote and so memorably portrayed by Audrey Hepburn in the iconic 1961 film, the play will take up residence at the Theatre Royal Haymarket next month, following a nationwide tour. The fantastic story, set in 1940's New York is told through eyes of a young writer, played by Downton Abbey's Matt Barber, who talked to me about the production.

Adapted by Pulitzer Prize finalist and Tony and Olivier Award-winning playwright Richard Greenberg and directed by Nikolai Foster, the play is based on the original 1958 book by Truman Capote rather than the famous film adaptation and Matt said it has a much grittier and less romantic soft focus to the plot.

"Truman Capote wasn't a fan of the film," Matt said. "It's a different story essentially. The film's great but it's a very, very different type of thing. It does truly feel like the character I play is the voice of Truman Capote and it feels like the younger him is struggling to come to terms with the world he's in and the hand he's been dealt because homosexuality was illegal at that point."

Matt trained at Bristol Old Vic after graduating from Durham University with a BA in Classics and Philosophy. He has worked extensively across the industry and is probably best known for his role as Atticus Aldridge in the last two seasons of the multi-award-winning ITV series, Downton Abbey. Matt's character is the narrator of Breakfast at Tiffany's but is never officially given a name, although the vivacious Holly dubs him Fred. At the beginning of the play, we see a more mature 'Fred' reminiscing about his past.

Matt said: "The older version of him is looking back on the story with irony and a little bit of amusement. He has quite a lot of self deprecation and then a massive dose of nostalgia, because of this wonderful woman he met."

Th relationship between Fred and Holly is the stuff of pop culture legend, with the narrator fascinated by the socialite's curious lifestyle which involves escorting wealthy men. Truman Capote was always adamant she was not a prostitute but instead dubbed her an "American geisha".

The two are tenants in an apartment building in Manhattan when they meet. It is 1943 and so the world is at war.

Matt said: "It's basically about two people who are at a time in the world when massive, massive changes are going on and it's about those two people trying to find their place in it and not just necessarily conform to what everyone else does and is expected to do."

The play also stars the multi award-winning Pixie Lott as Holly Golightly and features opulent costumes and luxurious sets, as is befitting to the era.

Matt describes one particular section, which perfectly depicts the lavishness of Holly's lifestyle.

"There's a party scene where Holly wears a long gold ballgown and it's just amazing. Its dripping with diamonds and really, really beautiful."

The production features memorable songs from the era, but is not, as some have been led to believe, a musical. Instead the stunning and stylish play aims to capture the essence of the era and the complicated lives which the characters shared.

"I think people are expecting to see the film and some people are expecting to see a musical because of Pixie's name attached to it," said Matt.

"If people are open to having their expectations challenged, then it's great and we've had wonderful responses from our audiences."

Matt Barber stars in Breakfast at Tiffany's at Theatre Royal Haymarket from June 19. To book visit www.breakfastattiffanys.co.uk

Charlie De Melo, Matt Barber and Pixie Lott in Breakfast at Tiffany's Picture: Sean Ebsworth Barnes

McKellen on theatre tour

SOCIETY of London Theatre has partnered with VoiceMap, the immersive audio walking tour company, to produce the *Official London Theatre Audio Tour* with Ian McKellen – a free audio guide to the West End.

London becomes the stage with the internationally renowned actor, a six-time Olivier Award winner, assuming the role of director and guiding visitors through iconic and lesser-known sites around Theatreland.

Sir Ian McKellen

Throughout the tour, listeners will hear anecdotes and personal stories about McKellen's time on stage and the history that has shaped London's world-famous theatre district.

The tour begins and ends at TKTS in Leicester Square where free WiFi is available to download the app.

Ian McKellen said: "I know when I'm in a strange city that wandering around with your nose in a guidebook isn't the best way to appreciate what's going on. The important thing when you're walking around a city like London is to look up and down the alleyways and round the corner. With a guide in your ear all this is much easier."

VoiceMap is an audio tour app that uses GPS to play stories about your surroundings at exactly the right time. As you walk it uses your location and offline maps to play audio automatically. Once downloaded, the tour is not reliant on data or WiFi.

To download install VoiceMap for iPhone or Android, sign up with email or Facebook, then look for *Theatreland Tour with Ian McKellen* in the London menu. Download all the files with WiFi, then put on a headset and start walking. VoiceMap works offline and doesn't require any data.

Four Femmes swing it with wit and glamour

THE irreverent, yet hugely talented Four Femmes on the Thames will again perform their very unique style of cabaret at Brasserie Toulouse Lautrec, in Kennington later this month writes *Nicky Sweetland*.

The group, who met at drama school, have spent the past five years honing their individual style of musical entertainment and were named as the Best Musical Comedy act at the Musical Comedy Awards in April.

The ladies perform songs from the 1940s to modern day classics, with tight harmonies and a very 'Femme' twist.

Offering their take on life, love and London living through comedy and song, the group combine their performance skills with original writing to make a glamorous but naughty show.

The fabulous four are Katy Baker (Femme Filthy), Emma Drysdale (Femme Free-Spirit), Grace Rowe (Femme Fanciful) and Abbey Mordue (Femme Frivolous).

They are supported by a band of Hommes led by Gavin Whitworth, who also arranges the music.

The songs The Shard and Women Up have become YouTube sensations.

Katy has been hugely inspired by the late Victoria Wood, which is evident in the style of her cleverly crafted and often libidinous lyrics.

Four Femmes

Katy said: "We've got a new song called *Has he got a mate?* and it's basically about a best friend being jealous because her friend has got a date. *What happened to the Real Men?* is about Tinder dating, while another is *Treat me like you Treat your Phone* that's a fun one with disco style and *Come Visit me in Zone Three* which was one we performed as part of the comedy awards."

The Four Femmes on the Thames will be performing at Brasserie Toulouse Lautrec on the May 28.

For information or ticket details visit the website: brasserietoulouselautrec.co.uk

Talk of the town

BRING your little monsters to the Lyric, Hammersmith this half term for a show which promises to be a roaring success *writes Nicky Sweetland.*

The creative team behind the smash hit show Aliens love Underpants are bringing their brand new ferocious family show *Monstersaurus* to the Lyric.

With crazy creatures made from wacky ingredients and plenty of immersive audience participation, the show, based on the book by Clare Freedman and Ben Court, is the perfect way to give little ones their first experience of the theatre.

Cast member Mark Collier said: "It's about a little boy called Monty, who's very bright and who's a scientist. He decides to create some monsters."

Monty finds a science book in his bedroom called 'Make a Monster Friend if you Dare'.

He dares and creates some fantastical beasts, which are portrayed on stage with state-of-the-art puppetry, made especially for the production by acclaimed designer Scott Brooker.

Mark said: "There's one monster called Bogablob, who's a big slimy naughty monster and then there's a dust monster who goes around making the house dusty. The two monsters start fighting so Monty, with help from the audience, of course, has to create a mega monster and that's when Monstersaurus himself comes on to try and solve the problem."

Packed with magic and mayhem, the show also features original music and plenty of audience participation.

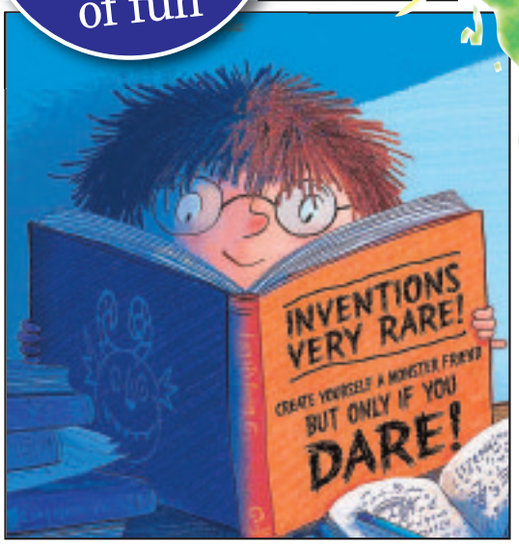
Mark said: "It's lots of fun, there's lots of drama, song, dancing and puppets. It's got everything in 50 minutes.

" Also, as there should be with all good young people's theatre, there's plenty for the parents as well."

Monstersaurus runs at the Lyric, Hammersmith from May 31 to the June 4.

If you would like further information visit the website lyric.co.uk

Magic and mayhem - it's lots of fun



Monty's marvellous Monstersaurus

Jeff Bridges in e-appearance

Jeff Bridges

ACADEMY Award winner Jeff Bridges will be making an e-appearance in *Off The King's Road* as a Los Angeles psychiatrist.

Neil Koenigsberg's exciting debut play comes to London after successful runs in New York and Los Angeles.

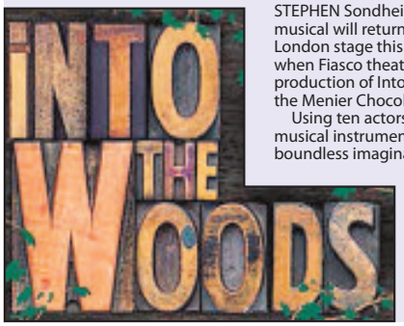
Off The King's Road stars Michael Brandon (Episodes, Captain America) and Cherie Lunghi (Excalibur, The Manageress, Strictly Come Dancing). Completing the cast are Luke Pitman and Diana Dimitrovici.

Playwright Neil Koenigsberg commented: " I've known Jeff Bridges both professionally and personally for many years now and when it was suggested by Michael Brandon and director Alan Cohen that we approach him to do an e-appearance as a crucial character in my play, I thought who better but it was a long shot.

Now that it's happened, I couldn't be happier. Audiences will get to see Jeff on stage (so to speak) in a funny-sad, rich and endearing performance that enhances the four other actors and the whole production.

After his wife's death, retired American Matt Browne takes a week's respite in his favourite city - London. Checking into a small hotel, off the King's Road, his stay unexpectedly turns into a voyage of self-discovery: life, death and the whole damn thing.

Menier steps back Into the Woods



STEPHEN Sondheim's acclaimed musical will return to the London stage this summer when Fiasco theatre bring their production of Into the Woods to the Menier Chocolate Factory.

Using ten actors, multiple musical instruments and boundless imagination, this fairytale classic is reimagined as never before. This production, which received the 2015 Lucille Lortel Award for Best Revival, will include the original US cast.

Featuring the timeless songs Children Will Listen and No One Is Alone, this Tony Award-winning musical was recently made into a successful Disney feature film starring Meryl Streep, James Corden and Johnny Depp.

Into the Woods will run at the Menier Chocolate Factory from the 12th July until the 17th September. For more details you can visit the website *menierchocolatefactory.com*

Great Gem South of the River

With a cool art decor combining British, Italian and Eritrean Atmosphere

"Amazing food and owner"
Amazing food as always. Extra special on Wednesday night. As Shewa (owner) had recently become a grandmother we were invited to pick a small piece of paper and could only look at it once the bill arrived. The piece of paper read "Samuel" Shewa then informed us we had picked the right name and had the meal on the house.

"Good food, good service, great owner"
Not one for reviewing normally. But have to say this is my favourite place in the area. The food is consistently tasty and authentic/homemade. The staff are always friendly. Shewa took it upon herself to arrange a birthday cake for my wife! Can only recommended the Blue Nile.

"Amazing local find"
After seeing a bbc news article about this place in my home town myself and a friend went last week to check it out. The first time I've eaten Eritrean food and I will be going back! It was delicious and made a nice change from all the other restaurant options out there.

BLUE NILE

73 Woolwich New Road,
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Tel: 020 8855 0369

Talk of the town

CHILDREN can get up close to fictional favourites and top authors and make journeys of discovery at a festival within a festival just for them.

Greenwich Book Festival, hosted by the University of Greenwich, is to be held on the Old Royal Naval College on Friday, May 27 and Saturday, May 28. The event, which began life after a chat between two mums at the gates of Sherrington Primary School in Charlton and is now in its second year, has always been aimed at children as much as adults.

Following their conversation the mums, publisher Auriol Bishop and journalist and author Patricia Nicol, discovered that Alex Pheby, the head of creative writing at the University of Greenwich, had the same thoughts and the trio launched the event last year.

As in 2015 there is to be a dedicated schools day at the festival on the Friday – sponsored by Greenwich council.

Auriol, who is the creative director at Hodder, said: "The proudest moment for me last year was to see all the groups of school children on the Friday afternoon. They were all so excited to meet the authors and the characters, they were so inspired and engaged with the books.

"Book festivals like The Hay have so much for families but not everyone can travel there and that is why it is so brilliant that we have had so much support from the university to have the festival here."

Auriol added: "I got talking to Patricia. We both love books and thought Greenwich should have a book festival and then I met Alex, who wanted to have one as well. I can't quite believe we are now in our second year.

"We have a great mixture of free and ticketed events and we really hope families will come down and maybe choose their half-term reading. Visiting a book shop or library can be inspiring but going to a festival is just another level – we have lots of really intimate events where people can really get up close to authors and their books."

Kipper and children reading at the Old Royal Naval College in Greenwich. Picture Andrew Porter Photography

Asked which events she was most looking forward to, she said: "All of them, that's the delight of helping to arrange a book festival."

This year the event has a full line-up, including Andy Stanton (You're a bad man, Mr Gum), Chloe Inkpen (Zoe and Beans series), Jim Smith (Barry Loser), a Harry Potter Show and Michelle Robinson with her Tim Peake-inspired adventure, Goodnight Spaceman.

Children's shop Ottie and the Bea, in Old Dover Road, Blackheath Standard, is also hosting a festival within a festival, including bubble-writing with Linda Scott, a trip with Ben Newman and Professor Astro Cat, a workshop with Okido, meeting the only tapir to star in its own book, Clara Vulliamy and Polly Faber's Mango and Bambang. There is also to be drawing with award-winning illustrator Marion Deuchart and Bob the Artist.

Friday's "After School" slot is also to offer "Roll Up! Roll Up!"

AF Harrold and Sarah Horne's Fizzlebert Stump, the boy who ran away from the circus, while on Saturday over at the National Maritime Museum children can discover how to become an ultimate explorer, with adventurer Justin Miles.

The adult programme includes Chris Cleave talking about his latest novel set in London during the Blitz, in addition to Kate Summerscale and Bruce Robinson discussing Victorian murder and morality, Olumide Popoola and Annie Holmes telling tales from the Calais refugee camps and performance poet Hollie McNish reading from Nobody Told Me on pregnancy and parenthood.

You can visit the website www.greenwichbookfest.com for more information.

Piping up at the Young Vic

Billie Piper

Billie Piper will return to the stage to star at the Young Vic in a new work based on Federico Lorca's Yerma.

The updated version of Lorca's Spanish play will be written and directed by Simon Stone, with Piper playing a woman whose inability to have a child tears her life apart.

The actress, who played companion Rose Tyler in Doctor Who, previously appeared on the London stage in Great Britain and The Effect, both at the National Theatre, and Reasons To Be Pretty at the Almeida.

Yerma will open at the Young Vic on 4th August and run until 24th September. Further casting is yet to be announced, but if you like any further details, you can visit the website youngvic.org

Jazz in Ealing

YolanDa Brown

SUPERSTARS of the jazz world have been lined up to play at the Ealing Jazz festival this summer, with the two day event promising to be filled with some fabulous musical performances.

The festival will take place on Saturday, July 23 and Sunday, 24 forming part of the Ealing Summer Festivals programme organised by Ealing Council.

One of the pioneers of jazz-funk Roy Ayers will be making his debut as headliner on the festival's main stage on Saturday, 23 July. There will also be performances from Ealing jazz favourites the Vasilis Xenopoulos Quintet and K.O.G and the Zongo Brigade.

Sunday, 24 July boasts a spectacular line up of jazz musicians including MOBO award winning Saxophonist YolanDa Brown, headlining the main stage. She will be joined by Keith Waithe and the Macussi Players and the highly praised newcomer Nerija.

Gates will open at midday with performances starting at 12.30pm.

For more information visit the website ealingsummerfestivals.com.

Matt Smith

Audience have a hand in shaping Smith's new play

Dr Who star Matt Smith is set to return to the London stage this summer as part of a devised project at the Royal Court called Unreachable.

The actor, who was succeeded by Peter Capaldi as the iconic television time lord, previously performed at the Sloane Square theatre in 2007 when he appeared in Polly Stenhams' That Face.

Writer and director Anthony Neilson also returns to the Royal Court and will enable the actors to create the play in the rehearsal room. Throughout the rehearsals, online content based on the ideas the company are experimenting with will be posted on the website to build a collection of references that will offer audiences an insight into the process of devising work, themes and images that will shape the finished product.

Smith, who most recently starred in American Psycho at the Almeida Theatre, will be joined by Amanda Drew, Tamara Lawrence, Jonjo O'Neill and Richard Pyros.

Unreachable will run at the Jerwood Theatre Downstairs at the Royal Court from 2nd July to 6th August.

Educational Insight Worships will be available for any schools attending this production.

You can view the rehearsal contact and found out more details by visiting the website unreachabletheplay.com

WINE & DINE

The food and drink page for West London

MARK HIX'S RECIPE OF THE WEEK

Omelette soufflé with raspberries

You can use any seasonal berries you wish - such as blueberries, strawberries, blackberries or a mixture. It's crucial that you serve this straight from the oven.

Serves 4

Ingredients
2 Burford Brown egg whites
250g raspberries

For the custard
The zest of 2 lemons
100ml milk
200ml single cream
4 Burford Brown egg yolks
50g caster sugar
1tsp flour
1tsp cornflour
For the sauce
100g fresh raspberries

To serve
Icing sugar, optional
120g raspberries

Method
First, make the custard: put the lemon zest, milk and cream into a small saucepan and bring to the boil, then remove from the heat. In a bowl, whisk the egg yolks, sugar and the two flours together. Pour the cream on to the egg mixture and mix it well with the whisk.

Omelette soufflé with raspberries

Return to the pan and cook gently over a low heat for a few minutes, stirring constantly with a wooden spoon, especially at the sides, until it thickens (but don't let it boil). Remove the custard from the heat and give it a final mix with a whisk. Transfer to a clean bowl, cover the surface of the custard with cling film to prevent a skin forming, then leave to cool.

To make the sauce, blend half of the raspberries in a liquidiser until smooth.

Preheat the oven to 180C/gas mark 5. Clean a mixing bowl and rinse with boiling water to remove any traces of fat, then whisk the egg whites until stiff, and carefully fold into the custard.

Butter four individual oven-to-table pans or similar type oven dishes. Divide the mixture into the dishes and cook in the oven for about 6-7 minutes or until golden and the top is a little springy.

Make a small hole in the centre with the back of a spoon and arrange the unblended half of the raspberries in it. Sprinkle with icing sugar if desired, and serve the sauce separately.

Jimmy Doherty on the joys of Jersey Royals

PROFILE Jimmy Doherty

Jersey Royals are back in season - and Jimmy Doherty couldn't be happier. The TV host and food fan tells Gemma Dunn why this humble veggie is the star of the show

He might be known for his rare-breed pigs, but entomologist-turned-farmer Jimmy Doherty's latest initiative lets their veggie sidekick - the humble potato - do the talking.

"The Jersey Royal is an iconic food item and something we should celebrate," the 40-year-old enthuses about his collaboration with the seasonal spud.

"If the Italians or French had this, they would be going on about it all the time."

Since taking on a 100-acre farm more than 10 years ago, which was famously documented in BBC Two series Jimmy's Farm, Doherty has made a name for himself in the world of TV, appearing in shows including Food Unwrapped and Jamie and Jimmy's Friday Night Feast, with childhood friend Jamie Oliver.

Add to that three books and a number of free-range food products, and it stands to reason that he's the ideal patron to champion the unique Jersey crop - or as he dubs it, "the champagne of potatoes".

"As a kid, having Jersey Royals with your spring lamb was pretty important," he muses. "I'm a big believer in seasonality."

Available from April until the end of June and delivered to supermarkets within 48 hours of being gathered up, the TV foodie is also a firm believer that these potatoes - and other varieties - should be a diet staple.

"We forget potatoes are full of vitamin C, antioxidants and fibre, and we're moving to other carbohydrates like rice and pasta," he says. "We should go back to eating lots of potatoes.

"It's about portion control, that's all," he adds, in response to any spud critics, and the father-of-three certainly practises what he preaches at home.

"My kids get excited about food. Understanding where food comes from is a very natural part of their life, and it should be the case for everyone.

It's an ethos he looks to implement at Jimmy's Farm, which today boasts a nature trail, butterfly house, award-winning restaurant, science and food festivals - and a zoo licence in the pipeline.

"It never ends!" Doherty admits, laughing. "There are 30 full-timers, and I'll tell you what, dealing with pigs is a lot easier than dealing with people!"

Belinda Donovan is an experienced chef who was trained at the prestigious La Varenne cooking school in France. She compiled the ***Hammersmith and Fulham Cook Book*** in 2013 and is a regular writer of cookery columns and reviews. An enthusiast for all things Fulham, she has also written articles about the area's rich local history. She is currently a Conservative councillor for the Addison ward and served as Mayor of Hammersmith and Fulham for the year 2012-13

BELINDA DONOVAN

NEXT time you are visiting Portobello Road, why not head to *Books for Cooks* at 4 Blenheim Crescent and you will not be disappointed!

Eric Treuille runs Books for Cooks and we both have a link with the wonderful and inspirational Anne Willan.

Anne owned and ran La Varenne where I trained as a chef and Eric worked alongside her helping her with her cookery books as a food stylist. He also worked at Cordon Bleu, so he has a long pedigree in the culinary world.

Books for Cooks is an Aladdin's Cave of every cook book you can imagine. In the unlikely event that you can't find that Cook Book you have been trying to track down for ages, they will order it for you.

Eric Treuille

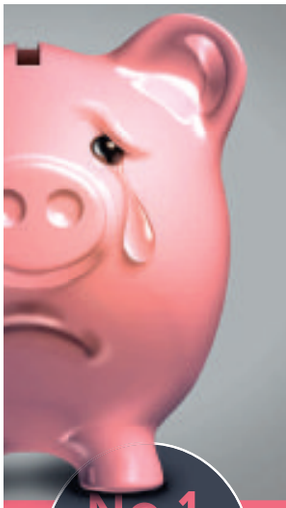
The best part of all is that at the back of the shop is their test kitchen where, every day of the week except Monday, they try out the latest recipes from new cook books on their very willing customers. Turn up at midday or thereabouts and, for a very reasonable price, you can try the menu of the day.

You can also gorge on their freshly baked cakes and delicious cappuccino.

Eric says that *Books for Cooks* has a twitter account, sign up to this and they tweet you the days menus.

In addition in the winter they have Supper Clubs with details of these on their website.

Very reluctantly I prize myself away from this cook book heaven carrying their latest *Books for Cooks Cook Book* - one they produce with recipes from all the best new cook books. I can't recommend Books for Cooks cook books highly enough.



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PS2 BRICK, 5 memory cards, 3 controllers, 22 games, £50. BCE Football Table, £40. Buyer collects. Tel: 07539 067 972

GLOVES, LEATHER 2 pairs, size S/M, Dark Pink and Light Pink, small wrist design on both, never worn, new £10. Tel: 020 8312 2476

BEN 10 BIKE £15, Pink Piano £5. Pink Sit/Ride £5. Fire engine sit on £5. Bike 3-5, stabilisers £7, Car baby walker £5. Tel: 07796 565 154

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BRAND NEW HEAD, XL, full face Crash Helmet, black £40. 3 large boxes ALBUMS, various £60. Buyer collects. Tel: 07539 067 972

CREAM REAL LEATHER Gigi handbag, length 9in, width 6in, plain three sections, front pocket, adjustable strap, never used, new £10. Tel: 020 8312 2476

PAIR OF CAST IRON BENCH ENDS £25. IRON WATERING CAN £70. IRON SHOE LAST £25. PAIR OF IRON HEAD HOPPERS £50. Tel: 020 8855 8824

BLACK REAL LEATHER Shoulder Handbag, adjustable strap, length 9½in, width 9in, plain with front pocket, back zip, never used £10. Black Leather Gloves size M, new £5. Tel: 020 8312 2476

Bargain Buys

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3 GOOD QUALITY and in very good condition Mountain Bicycles. A reasonable offer for one or 2 or even for 3. Tel: 020 7733 1836 or 07877 818 162

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To advertise in this section, please call 020 8768 4919

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Collectors Items

SEVERAL SILVER SIXPENCES, Robertson Badges, several 1970 World Cup Coins, Queen Mary Coronation Plate, Walking Cane, several Badges, Jonny Haynes com T shirt, new, Brass Bullet Shell, Horse Brasses, Carson Staffordshire milk jug, sugar. Tel: 020 8286 2677

Domestic Appliances

2 VACUUM CLEANERS Dyson cylinders, serviced, demonstrated working. £35 each. Tel: 020 8692 8449

WASHING MACHINE Zanussi Aquacycle 1000 XC extra capacity, ele 1016W. A reasonable offer. Call 020 7733 1836 or 07877 818 162.

Electrical

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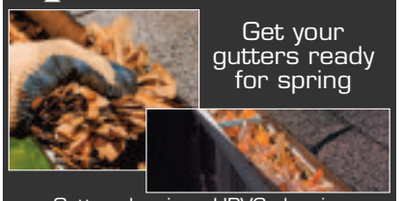

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Other tasks will include helping with coffin deliveries, fitting coffins, preparing the deceased, cleaning company vehicles and keeping workshop and mortuary areas clean and tidy.
You will also be involved in bringing the deceased into our care and will be expected to follow our company policies and procedures and health and safety requirements, when preparing the deceased for viewing.

We look for professional individuals, who can act as ambassadors for the company when dealing with all members of the public.

You must have a full driving licence and be available to work 'on call' and 'out of hour' shifts.

To Apply for the above position please email:
hr@funeralpartners.co.uk

We are an exciting, family run business of pawnbrokers. Every day is different and you will be working within a small team so being a team player is essential.

We are looking for
AN EXPERIENCED MANAGER
(must have previous retail experience) who is confident, assertive with excellent customer service skills and attention to detail for our shops in South East London. You must live local or live near to the surrounding neighbourhoods.

Ideally we are looking for someone to work 3-4 days a week, including Saturdays. Overtime considered.
We operate 9am-5.30pm Monday to Saturday.

If you think you have what it takes, please send us an email with a covering letter as to why you think you would be suitable for this role to contact@captainpawn.co.uk or alternatively if you would like further information, please contact Lucinda on 01689 844 164.

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(some flexibility may be offered in how the hours are worked)
Salary for 20 hours per week is £12,522 per annum

The successful applicant will experienced in the use of Windows, Microsoft Outlook, Word and Excel. Knowledge of Donor Strategy Database is preferable but not essential as training will be provided. Good communication skills both written and verbal are required as the post holder will liaise with both internal and external customers on financial and administrative matters. The role requires attention to detail and methodical working practices. The post is based at our office in London W10
The post holder must have a full clean driving licence and use of a car.
Closing Date: Tuesday 7th June at 5.00pm.
Interview Date: Monday 13th June, 2016.

CARETAKER
20 hours a week i.e. 8am to 12pm Monday to Friday
Salary £10,428 per annum

A Caretaker is required to work at our head office in St Charles Square, W10. Duties will include garden maintenance, cleaning, health and safety and general duties some of which involve physical activity such as lifting, carrying up and down stairs, ladder work and porterage.
Closing Date: 7th June, 2016 at 5.00pm
Interview Date: 13th June, 2016

DROP IN- WORKER, STAY AND PLAY
Hours: 22.5 hours a week
Salary: £13,317 - £13,808

We are seeking an exceptional Early Years Practitioner with proven record of successful work experience required to join drop in service in London W10. The successful applicant will be a highly motivated Early Years practitioner, who is passionate about childcare, focused on service delivery and has the drive and enthusiasm to further develop standards of care and education. You must have a flexible approach, a positive attitude and the ability to build constructive working relationships with children, colleagues and parents.

The post holder will have:
* NNEB or NVQ Level 3 qualifications in early year's education.
* Good knowledge of the EYFS.
* Excellent organisation and time management skills.
* Excellent communication skills.
* A commitment to development of best practice ensuring that policy is implemented and adhered to at all times.
* A good understanding of IT.

Appointment to this post is subject to a satisfactory enhanced DBS check.
Hours: 22.5 hours a week, that is Monday to Wednesday 12 pm - 4.30pm, Thursday 10.30am - 4.00pm (half hour lunch), Friday 12pm - 4.pm.
The scheme closes 5 weeks a year that is 1 week at - Christmas, Easter and February and 2 weeks at the end of August. This makes up the annual leave entitlement of the post.
To arrange a visit please telephone Caroline Bennett on **0208 969 5305**

Closing Date: 9th June, 2016 at 12 noon
Interview Date: 14th June, 2016
For an application form for any of the above posts, please contact **020 8969 5305** or reception@cathchild.org.uk
Applications are welcomed from individuals of all faiths or none.
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CONDITIONS OF ACCEPTANCE FOR ALL ADVERTISEMENTS

Orders are accepted by the Publishers subject to the Standard Conditions agreed between the Newspaper Society and the Institute of Practitioners in Advertising. Save that:

1. Advertisements are accepted on the conditions that (a) descriptions relating to goods are accurate and in no way contravene the provisions of the Trade Descriptions Act 1968, and the Fair Trading Act 1973, and (b) the copy complies with the British Code of Advertising Practice. Advertisements offering credit or hire facilities must conform to the Consumer Credit (Advertisements) Regulations 1980.
2. 'Classified' Advertisers offering goods or service of a business, commercial or trade nature will, at the discretion of the Publishers, be deemed 'Trade Advertisers', and as such, must include their names in advertisements. A telephone number is an optional addition to these requirements and not an alternative.
To comply with the Business Advertisements (Disclosure) Order 1977, Trade Advertisers must make it clear that they are selling goods in the course of business either by content, format, size or place of the advertisement or by including words such as 'trade', 'dealer', 'agent', 'wholesaler', '(T)' etc. in the advertisement.
3. The Publishers accept no liability whatsoever for any loss or damage however caused arising out of:
(a) Any error, inaccuracy or omission in the printing or publishing of any advertisement;
(b) Any failure to publish an advertisement on the day / date or day / dates specified by the advertiser; or
(c) Any delay in forwarding or omission to forward replies to box numbers to the Advertiser.
4. The Publishers will endeavour to publish advertisements on the day / date or day / dates specified by the Advertiser but insertion days / dates cannot be guaranteed.
5. Where shrinkage of advertisement occurs for whatever reasons the advertisement will be charged to the nearest full centimetre. This will NOT apply to the full-page advertisements, which remain full pages even after shrinkage.
6. The Publishers reserve the right to reject an advertisement or to vary it in any way they deem fit, at any time before publication, whether or not the advertisement has already been accepted for publication.
7. Whilst every effort is made to minimise errors in advertisements, mistakes do sometimes occur. Advertisers or their agents should therefore check their advertisements and inform us of any errors immediately. Responsibility cannot be accepted for more than one incorrect insertion. Typographical or minor changes, which do not affect the value of the advertisement, do not qualify for republication or allowances.
8. All gross advertising rates (except classified lineage and semi-display) are subject to and include a 0.1% Advertising Standards Board of Finance surcharge, payable by the advertisers to help finance the self-regulatory control system administered by the Advertising Standards Authority.
9. All rates quoted are subject to VAT at the rate currently in force at the time the advertisement appears.
10. Should the rate for advertisements be altered the price for remaining insertions shall be revised accordingly or the publishers shall have the right to cancel the unexpired portion of the order.
11. The placing of an advertisement order will be deemed an acceptance of these conditions.
12. Account facilities are granted at the discretion of the Company.
13. All accounts must be settled within the terms agreed by the Company and the Customer.
(1) Should an advertiser be in breach of the agreed terms, the publisher shall be entitled to levy a 10% surcharge on the value of the whole debt in respect of accounts with terms of less than 30 days, and any discounts or commissions that had been allowed will be reclaimed.
(2) Regular monthly accounts that are in breach of the agreed terms will pay an interest rate of 6% above the current bank of England base rate for each month that the account is overdue and discounts or commissions that had been allowed will be reclaimed. Should Legal action be required the interest will be charged in accordance with the County Court Act 1984.
14. Where an advertiser instructs / appoints an advertising agent to act on their behalf, the advertiser will remain jointly and severally liable for payment in respect for an advertisement(s) should the appointed agent fail to pay. For the avoidance of doubt, the agent acts for the advertiser and not for the publisher with the agent being responsible for notifying the advertiser of this liability.
15. All queries must be notified, preferably in writing to the accounts department of the publisher within 7 days of the invoice date.
16. All digital services are maintained in partnership with the publishers' hosting service providers. Every effort is made to ensure the continuity of these services, but some occasional technical downtime beyond the publishers control may occur. The publisher and its associated companies shall be under no liability if the production and distribution of web services is delayed or prevented by any cause beyond the control of the publisher.
17. The Publisher may provide voucher copies for published advertisements in electronic form only subject to certain criteria. Further information is available on request.
18. The copyright of advertisements produced wholly or partially by the Publishers belong to the Publishers. Advertisers may not reproduce such advertisements without the Publishers' consent.

Box Numbers
Boxes are open for the receipt of bona fide answers and are not available for distribution of trade canvassing matter. Original testimonials, goods, cash, cash stamps or payments of any kind must not be enclosed. A box Number and postal address are charged as part of the advertisement, i.e. Box No., centre address. There is no charge for forwarding replies.
Box numbers alone are not available for use in 'Trade' advertisements, other than Employment and Business Opportunities.

Holiday & Travel Category
All advertising must contain the name of the advertiser, phone number alone are not permitted.

Data Protection
The service you have requested may require us to carry out a credit search at a credit-referencing agency, which will record the fact that a search has been made. We may need to share your information with other lenders and credit reference agencies. However, we will only use the information from these searches to make credit-granting decisions and, if necessary, for fraud prevention or tracing debtors.
Data controller will use your information for administration and analysis. We may share your information with other Tindle Group Newspaper companies or carefully selected third parties. We, or they, may send you details of other goods and services, which may be of interest to you. The information may be provided by letter, telephone or other reasonable means of communication. Calls may be recorded or monitored for training purposes.
Special conditions apply with regard to the advertising of adult services, which are outlined to all persons submitting such advertisements.

Public Notices

Section 17 Licensing Act 2003
Application for a new Premises Licence

Notice is hereby given that Sheila Mitchell has applied to the City of Westminster on 16th May 2016 for a new premises licence for the Houses of Parliament Shop at 12 Bridge Street, London SW1A 2JX.

The proposed application is for the sale by retail of alcohol.

Any person who wishes to make a representation in relation to this application must give notice in writing of his/her representation by 13 June 2016 stating the grounds for making said representation to: Licensing Service, 14th Floor, City Hall, 64 Victoria Street, London SW1.

The public register where applications are available to be viewed by members of the public can be accessed online by visiting at www.westminster.gov.uk/Licensing and following the link to the public register.

The Licensing Authority must receive representations by the date given above. The Licensing Authority will have regard to any such representation in considering the application. It is an offence, under section 158 of the Licensing Act 2003, to knowingly or recklessly make a false statement in or in connection with an application for premises licence and the maximum fine on being convicted of such an offence is £5000.

STEPHEN MICHAEL SCHICK
(Deceased)

Pursuant to the Trustee Act 1925 any persons having a claim against or an interest in the Estate of the above named, late of Garden Flat, 34a Tite Street, London SW3 4JA, who died on 05/04/2016, are required to send written particulars thereof to the undersigned on or before 01/08/2016, after which date the Estate will be distributed having regard only to the claims and interests of which they have had notice.

Coutts & Co, 6th Floor, Trinity Quay 2, Avon Street, Bristol BS2 0PT.
Ref: 1/SW/66253156

To advertise in the
Classified Section
Tel: 020 8768 4919

LONDON BOROUGH OF HAMMERSMITH AND FULHAM

ROAD TRAFFIC REGULATION ACT 1984 SECTION 14(1)

(LILLIE ROAD)

TEMPORARY PROHIBITION OF TRAFFIC

1. The Council of the London Borough of Hammersmith and Fulham hereby gives notice that in order to facilitate the erection of a tower crane to be carried out in the above named road, it intends to make an Order the effect of which would prohibit vehicular traffic and close the footway in a section of the above named road.
2. Whilst works are in progress, or whilst the authorised traffic signs are displayed, no person shall cause any vehicle to proceed, stop, wait, load or unload in a section of Lillie Road between its junctions with Everington Street and the north-western arm of Purcell Crescent.
3. An alternative route for traffic in article 2 would be in place via Lillie Road, Humbolt Road, Musard Road, Greyhound Road and Everington Street.
4. Whilst works are in progress, or whilst the authorised traffic signs are displayed the section of footway on southwest side of Lille Road between its junctions with Purcell Crescent and the western extent of No. 363 Lillie Road shall be closed.
5. An alternative route for pedestrians in article 4 would be in place via the north eastern footway.
6. Exemptions would be provided in the Order to permit reasonable access to premises, so far as it is practical without interference with the execution of the said work and for works vehicles, any vehicle being used in connection with police, fire or ambulance purposes and anything done with the permission or at the direction of a police constable in uniform.
7. The Order would come into operation on the 18th June 2016 and would be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.
8. Works would be expected to commence on Saturday, 18th June 2016 and last for 2 days. With a back up date scheduled for the 25th June 2016. The dates specified are for guidance and informative purposes only and works may extend outside these dates.

Dated this 9th day of May 2015.

Chris Bainbridge
Head of Transport Policy & Network Management
Transport & Technical Services

LONDON BOROUGH OF HAMMERSMITH AND FULHAM

ROAD TRAFFIC REGULATION ACT 1984 SECTION 14(1)

(FELGATE MEWS)

TEMPORARY PROHIBITION OF TRAFFIC

1. The Council of the London Borough of Hammersmith and Fulham hereby gives notice that in order to facilitate Utility installation works to be carried out in the above named road; it intends to make an Order the effect of which would prohibit vehicular traffic in a section of, and suspend the one way traffic flow system in, the above named road
2. Whilst works are in progress, or whilst the authorised traffic signs are displayed, no person shall cause any vehicle to proceed, stop, wait, load or unload in a section of Felgate Mews between its junctions with Studland Street and Nos. 85 – 86 Felgate Mews.
3. An alternative route for traffic in article 2 would be in place via Studland Street and Felgate Mews.
4. Whilst works are in progress, or whilst the authorised traffic signs are displayed, the one way traffic flow system in Felgate Mews shall be suspended.
5. Exemptions would be provided in the Order to permit reasonable access to premises, so far as it is practical without interference with the execution of the said work and for works vehicles, any vehicle being used in connection with police, fire or ambulance purposes and anything done with the permission or at the direction of a police constable in uniform.
6. The Order would come into operation on the 20th June 2016 and would be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.
7. Works would be expected to commence on Monday 20th June 2016 and last for 5 days. The dates specified are for guidance and informative purposes only and works may extend outside these dates.

Dated this 17th day of May 2016.

Nicholas Ruxton-Boyle
Chief Transport Planner
Transport and Highways

LONDON BOROUGH OF HAMMERSMITH AND FULHAM

ROAD TRAFFIC REGULATION ACT 1984 SECTION 14(1)

(HURLINGHAM ROAD)

TEMPORARY PROHIBITION OF TRAFFIC

1. The Council of the London Borough of Hammersmith and Fulham hereby gives notice that in order to facilitate the event 'Chesterton's Polo in the Park' to be staged in the Hurlingham Park; it made an Order the effect of which would introduce a one-way traffic flow system in a section of the above named road.
2. Whilst works are in progress, or whilst the authorised traffic signs are displayed:
a) no person shall cause any vehicle to proceed in a north-easterly direction in Hurlingham Road between its junctions with Foskett Road and Linver Road;
b) a temporary westbound one-way traffic flow system would be in operation to all traffic in Hurlingham Road between its junctions with Linver Road and Foskett Road.
c) no person shall cause any vehicle to proceed in a southerly direction in Foskett Road between its junctions with Ewald Road and Hurlingham Road.
d) a temporary northbound one-way traffic flow system would be in operation to all traffic in Foskett Road between its junctions with Ewald Road and Hurlingham Road.
3. An alternative route for traffic in article 2 would be in place via Foskett Road, New King's Road and Linver Road.
4. Exemptions would be provided in the Order to permit reasonable access to premises, so far as it is practical without interference with the execution of the said work and for works vehicles, any vehicle being used in connection with police, fire or ambulance purposes and anything done with the permission or at the direction of a police constable in uniform.
5. The Order will come into operation on the 3rd June 2016 and will be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.
6. Works are expected to commence on Saturday, 3rd June 2016 and last for 3 days. The dates specified are for guidance and informative purposes only and works may extend outside these dates.

Dated this 21st day of May 2016.

Nicholas Ruxton-Boyle
Chief Transport Planner
Transport and Highways

LONDON BOROUGH OF HAMMERSMITH AND FULHAM

ROAD TRAFFIC REGULATION ACT 1984 SECTION 14(1)

The Hammersmith and Fulham (Parking Places, Zone E) (Amendment No. 6) Order 2016

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Hammersmith and Fulham intends to make the above Orders under sections 45, 46, 49 and 124 of, and Part IV of Schedule 9 to, the Road Traffic Regulation Act 1984 as amended.
2. The general nature and effect of The Hammersmith and Fulham (Parking Places, Zone E) (Amendment No. 6) Order 2016, will be to make permanent, restrictions introduced as an experiment which introduced a 'Phone and internet payment system in all areas of parking places within Controlled Parking Zone E to accept and record payments of charges on behalf of the council, through a nominated third party.
3. A copy of the Orders and of documents giving more detailed particulars of the Orders can be inspected during normal office hours on Mondays to Fridays inclusive from the date on which this notice is published until the order ceases to have effect, at the offices of:
Transportation Policy Group, Transport and Highways, Town Hall Extension, King Street, Hammersmith, W6 9JU
4. Any person desiring to question the validity of the Orders or any of the provisions therein on the grounds that it is not within the powers of the Road Traffic Regulation Act 1984 or that any of the relevant requirements thereof or of any regulations made thereunder, may, within 6 weeks of the Orders being made, make application for the purpose to the High Court.

Dated this 17th day of May 2016.

Nicholas Ruxton-Boyle
Chief Transport Planner
Transport and Highways

LONDON BOROUGH OF HAMMERSMITH AND FULHAM

ROAD TRAFFIC REGULATION ACT 1984 SECTION 14(1)

(MACFARLANE ROAD)

TEMPORARY PROHIBITION OF TRAFFIC

1. The Council of the London Borough of Hammersmith and Fulham hereby gives notice that in order to facilitate Utility repair works to be carried out in the above named road; it intends to make an Order the effect of which would prohibit vehicular traffic in a section of the above named road and suspend the one way traffic flow system in said road.
2. Whilst works are in progress, or whilst the authorised traffic signs are displayed, no person shall cause any vehicle to proceed, stop, wait, load or unload in a section of MacFarlane Road between Nos. 71 and 79 MacFarlane Road.
3. An alternative route for traffic in article 2 would be in place via Wood Lane, Uxbridge Road, Shepherd's Bush Green, Uxbridge Road and Hopgood Street.
4. Exemptions would be provided in the Order to permit reasonable access to premises, so far as it is practical without interference with the execution of the said work and for works vehicles, any vehicle being used in connection with police, fire or ambulance purposes and anything done with the permission or at the direction of a police constable in uniform.
5. The Order would come into operation on the 20th June 2016 and would be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.
6. Works would be expected to commence on Monday, 20th June 2016 and last for 11 days. The dates specified are for guidance and informative purposes only and works may extend outside these dates.

Dated this 17th day of May 2016.

Nicholas Ruxton-Boyle
Chief Transport Planner
Transport and Highways

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LONDON BOROUGH OF HAMMERSMITH AND FULHAM

ROAD TRAFFIC REGULATION ACT 1984 SECTION 14(1)

(OVERSTONE ROAD)

TEMPORARY PROHIBITION OF TRAFFIC

1. The Council of the London Borough of Hammersmith and Fulham hereby gives notice that in order to facilitate Tower Crane installation works to be carried out in the above named road; it intends to make an Order the effect of which would prohibit vehicular traffic in a section of the above named road.
2. Whilst works are in progress, or whilst the authorised traffic signs are displayed, no person shall cause any vehicle to proceed, stop, wait, load or unload in a section of Overstone Road between its junctions with Glenthorne Road and No. 1 Overstone Road.
3. An alternative route for traffic in article 2 would be in place via Hammersmith Grove, Adie Road, Southerton Road, Kilmarsh Road and Iffley Road.
4. Exemptions would be provided in the Order to permit reasonable access to premises, so far as it is practical without interference with the execution of the said work and for works vehicles, any vehicle being used in connection with police, fire or ambulance purposes and anything done with the permission or at the direction of a police constable in uniform.
5. The Order would come into operation on the 18th June 2016 and would be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.
6. Works would be expected to commence on Saturday 18th June 2016 and last for 2 days with back up dates scheduled for 25th June 2016, 2nd July 2016 and 9th July 2016. The dates specified are for guidance and informative purposes only and works may extend outside these dates.

Dated this 17th day of May 2016.

Nicholas Ruxton-Boyle
Chief Transport Planner
Transport and Highways

LONDON BOROUGH OF HAMMERSMITH AND FULHAM

ROAD TRAFFIC REGULATION ACT 1984

THE HAMMERSMITH AND FULHAM (SULIVAN COURT HOUSING ESTATE) (OFF STREET CAR PARK) ORDER 2016

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Hammersmith and Fulham made the above Order under section 32, 35 and 124 of and Part I to IV of schedule 9 of the Road Traffic Regulation Act 1984 as amended.
2. The general effect of the Orders which will come into effect on 31 May 2016 will be to enable the parking places and restrictions on waiting by vehicles (yellow lines) on the Sulivan Court Estate to be enforced under the provisions of the Traffic Management Act 2004. This means that Penalty Charge Notices can be issued by the Council's Civil Enforcement Officers to vehicles that contravene the parking restrictions, and vehicles may be removed (towed away) or immobilised (clamped) in certain cases, in the same way as on the public highway. The same rights of appeal to an adjudicator would also apply.
3. The parking restrictions on the Sulivan Court Estate will operate as follows:
   (a) the parking restrictions to operate Monday to Saturday 9am - 5pm;
   (b) every vehicle must be parked wholly within a marked parking bay (vehicles are not permitted to park in any other areas on the estate, including footways);
   (c) parking permits to be issued in accordance with on street parking permit charges as set by the Council in respect of motor vehicles that is tosay a passenger vehicle or goods carrying vehicle the overall height of which does not exceed 2.28 metres.
   (d) only vehicles displaying a valid resident's parking permit or an valid contractor's parking permit or a Sulivan Court business permit or an activated SMART Visitor permit relating to the Sulivan Court Estate would be permitted to park in a permit holders parking bay;
   (f) resident's parking permits and SMART visitor's parking permits to be issued only to eligible residents of the Sulivan Court Estate;
   (g) resident's permits would only be issued to residents who can show that their vehicle is registered as kept at their home address on the Sulivan Court Estate;
   (h) A motorcycle, may be left in a parking bay free of charge, provided the use of that part of the parking place is not closed or reserved by order of the Council;
   (i) where a parking bay is indicated as being for the use of a disabled person's vehicle, only a vehicle displaying a disabled person's blue badge may be left in that parking bay.
   (j) where a bay is indicated as being for the use of loading only, a vehicle may wait for the purpose of delivering or collecting or loading or unloading the vehicle at premises adjacent to the loading place in which the vehicle is waiting for a period not exceeding twenty minutes and not return to that loading bay within one hour.
   (k) where a bay is indicated as being for the use of 'Pay and Display' only, a vehicle shall display on the inside of its windscreen either a valid ticket indicating that the parking charge has been paid and the date and time of expiry of the parking period in the case of a ticket, are readily visible from outside the vehicle and from the front or side of the vehicle.
4. For a period of 6 weeks from the day on which the Order was made, a copy of the Order and other relevant documents can be inspected during normal office hours at the Transport and Highways Group, Highways and Engineering Division, Environment Department, Town Hall Extension, King Street, Hammersmith, W6 9JU.
5. Any person desiring to question the validity of the Order or any of the provisions therein on the grounds that it is not within the powers of the Road Traffic Regulation Act 1984 or that any of the relevant requirements thereof or of any regulations made thereunder, may, within 6 weeks of the Order being made, make application for the purpose to the High Court.

Dated this 18th day of May 2016

Nicholas Ruxton-Boyle
Chief Transport Planner
Transport and Highways

LONDON BOROUGH OF HAMMERSMITH AND FULHAM

ROAD TRAFFIC REGULATION ACT 1984 SECTION 14(1)

(HAMMERSMITH BRIDGE ROAD, QUEEN CAROLINE STREET, FULHAM PALACE ROAD AND BUTTERWICK)

TEMPORARY PROHIBITION OF TRAFFIC

1. The Council of the London Borough of Hammersmith and Fulham hereby gives notice that because of Hammersmith Flyover Strengthening Works, it intends to make an Order the effect of which would prohibit traffic in sections of the above named roads.
2. Whilst works are in progress, or whilst the authorised traffic signs are displayed:
   a) no person shall cause any vehicle to enter or exit Hammersmith Bridge Road at the junction with Great West Road;
   b) no person shall cause any vehicle to enter or exit Queen Caroline Street at the junction with Talgarth Road;
   c) no person shall cause any vehicle to enter or exit Fulham Palace Road at the junction with Talgarth Road;
   d) no person shall cause any vehicle to enter Butterwick at the junction with Hammersmith Road;
   e) a temporary suspension of the one way system on Crisp Road shall be in operation;
   f) a temporary suspension of the southbound bus lane on Hammersmith Bridge Road shall be in operation.
3. An alternative route for traffic in article 2 would be in place a) for northbound via Great West Road – Holgarth Roundabout and for southbound via Queen Caroline Street – Hammersmith Road – Butterwick – Fulham Palace Road – Putney Bridge – Putney High Street – Upper Richmond Road; b) via Crisp Road – Chancellors Road – Fulham Palace Road; c) for northbound via Lillie Road – North End Road – Talgarth Road and for southbound via Queen Caroline Street – Hammersmith Road – Butterwick – Talgarth Road – North End Road – Lillie Road; d) via Shortlands.
4. Exemptions would be provided in the Order to permit reasonable access to premises, so far as it is practical without interference with the execution of the said work and for works vehicles, any vehicle being used in connection with police, fire or ambulance purposes and anything done with the permission or at the direction of a police constable in uniform.
5. The Order would come into operation on 14th June 2016 and would be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.
6. Works would be expected to commence in phases between 14th June 2016 and last until 1st October 2016. The dates specified are for guidance and informative purposes only and works may extend outside these dates.

Dated this 17th day of May 2016.

Nicholas Ruxton-Boyle
Chief Transport Planner
Transport and Highways

LICENSING ACT 2003

NOTICE OF APPLICATION FOR PREMISES LICENCE

NOTICE IS GIVEN THAT Berkeley Square Investments Limited has applied to WESTMINSTER CITY COUNCIL on 18 May 2016 for the grant of a premises licence to use the premises at **45 Berkeley Square, London, W1J 5AT** for the provision of regulated entertainment (films, live & recorded music, performances of dance & anything of a similar description) and the sale by retail of alcohol from 10:00 to 03:30 Monday to Saturday and from 10:00 to 00:00 Sunday and the provision of late night refreshment from 23:00 to 03:30 Monday to Saturday and 23:00 to 00:00 Sunday, as more particularly set out in the application.

Any person who wishes to make a representation in relation to this application must give notice in writing to: ***Licensing, Westminster City Council, 4th Floor, City Hall, 64 Victoria Street SW1E 6QP*** to be received by no later than 15 June 2016 stating the grounds for making said representation.

A record of the application can be inspected on the Council's website *www.westminster.gov.uk* or at the above address during office hours. The register can be viewed at the above address during office hours.

It is an offence, under section 158 of the Licensing Act 2003, to knowingly or recklessly make a false statement in or in connection with an application for a premises licence and the maximum fine on being convicted of such an offence is £5,000.

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LICENSING ACT 2003

NOTICE OF APPLICATION FOR PREMISES LICENCE

NOTICE IS GIVEN THAT Fitzrovia Chapel Foundation has applied to WESTMINSTER CITY COUNCIL on 19th May 2016 for the grant of a premises licence to use the premises at **Fitzrovia Chapel, 2 Pearson Square W1T 3BF** for the provision of regulated entertainment and the sale by retail of alcohol between the hours of 10:00 and 23:00 Monday Saturday, and 10:00 and 22:30 Sunday, as more particularly set out in the application and plans attached thereto.

Any person who wishes to make a representation in relation to this application must give notice in writing to: ***Licensing, Westminster City Council, 4th Floor, City Hall, 64 Victoria Street SW1E 6QP*** to be received by no later than 16th June 2016 stating the grounds for making said representation.

A record of the application can be inspected on the Council's website *www.westminster.gov.uk* or at the above address during office hours. The register can be viewed at the above address during office hours.

It is an offence, under section 158 of the Licensing Act 2003, to knowingly or recklessly make a false statement in or in connection with an application for a premises licence and the maximum fine on being convicted of such an offence is £5,000.

Thomas & Thomas Partners LLP
38a Monmouth Street,
London WC2H 9EP www.tandtp.com

Major Variation to Premises Licence Licensing Act 2003

An application has been made by ATFC Ltd to Westminster Council to vary the Premises Licence for Muriel's Kitchen, 36/38 Old Compton Street, London W1D 4TT.

The application includes a proposal to permit off sales as part of a hamper and to permit supply of alcohol without food in the designated areas on the plan to persons intending to take a table meal.

The full application setting out full details of the variation sought can be viewed at the offices of the licensing authority at City Hall, 64 Victoria Street, London SW1E 6QP during normal office hours (you should contact in advance to check). Further information may be available at www.westminster.gov.uk

Persons who may be affected by the grant of the application or responsible authorities can make representations to the Licensing Authority by 14th June 2016. All representations must be made in writing.

It is an offence under Section 158 of the Licensing Act 2003 for anyone to recklessly or knowingly make a false statement in connection with a licensing application. The maximum fine on conviction is £5,000.

LONDON BOROUGH OF HAMMERSMITH AND FULHAM

ROAD TRAFFIC REGULATION ACT 1984 SECTION 14(1)

(WATERFORD ROAD)

TEMPORARY PROHIBITION OF TRAFFIC

1. The Council of the London Borough of Hammersmith and Fulham hereby gives notice that in order to facilitate utility connection works to be carried out in the above named road; it intends to make an Order the effect of which would prohibit vehicular traffic in a section of the above named road.
2. Whilst works are in progress, or whilst the authorised traffic signs are displayed, no person shall cause any vehicle to proceed, stop, wait, load or unload in Waterford Road at its junction with King's Road.
3. An alternative route for traffic in article 2 would in place via Brittania Road, Moore Park Road and Waterford Road.
4. Exemptions would be provided in the Order to permit reasonable access to premises, so far as it is practical without interference with the execution of the said work and for works vehicles, any vehicle being used in connection with police, fire or ambulance purposes and anything done with the permission or at the direction of a police constable in uniform.
5. The Order would come into operation on the 23rd June 2016 and would be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.
6. Works would be expected to commence on Thursday, 23rd June 2016 and last for 2 days. The dates specified are for guidance and informative purposes only and works may extend outside these dates.

Dated this 17th day of May 2016.

Nicholas Ruxton-Boyle
Chief Transport Planner
Transport and Highways

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Public Notices

THE LONDON BOROUGH OF HAMMERSMITH AND FULHAM

ROAD TRAFFIC REGULATION ACT 1984

THE HAMMERSMITH AND FULHAM (WAITING AND LOADING RESTRICTION) (CONSOLIDATION) AMENDMENT (No. *)

THE HAMMERSMITH AND FULHAM (PARKING PLACES, ZONE "A") (AMENDMENT No. *) ORDER 20**

THE HAMMERSMITH AND FULHAM (PARKING PLACES, ZONE "I") (AMENDMENT No. *) ORDER 20**

THE HAMMERSMITH AND FULHAM (PARKING PLACES, ZONE "M") (AMENDMENT No. *) ORDER 20**

THE HAMMERSMITH AND FULHAM (PARKING PLACES, ZONE "U") (AMENDMENT No. *) ORDER 20**

THE HAMMERSMITH AND FULHAM (PARKING PLACES, ZONE "O") (AMENDMENT No. *) ORDER 20**

THE HAMMERSMITH AND FULHAM (PARKING PLACES, ZONE "V") (AMENDMENT No. *) ORDER 20**

THE HAMMERSMITH AND FULHAM (PARKING PLACES, ZONE "F") (AMENDMENT No. *) ORDER 20**

THE HAMMMERSMITH AND FULHAM (LONDON CYCLE HIRE SCHEME)(AMENDMENT No. *) ORDER 20**

THE HAMMMERSMITH AND FULHAM (LOADING BAY)(AMENDMENT No. *) ORDER 20**

1. NOTICE IS HEREBY GIVEN that the London Borough of Hammersmith and Fulham propose to make the above-mentioned Orders under the powers granted by sections 6, 45, 46, 49 and 124 of, and Part IV of Schedule 9 to, the Road Traffic Regulation Act 1984 as amended.
2. The general effect of the Hammersmith and Fulham (Waiting and Loading Restriction) (Consolidation) (Amendment No. **) Order 20** would be to further amend the Hammersmith and Fulham (Waiting and Loading Restriction) (Consolidation) Order 2015 so that waiting and/or loading restrictions would be amended and/or introduced and/or revoked in certain lengths of Black's Road, Becklow Road, Bloemfontein Road, Farm Lane, Parsons Green, Thaxton Road, Ravenscourt Road, Du Cane Road, Australia Road, Adie Road, Althea Street, Hammersmith Grove, Goldhawk Road, Greenside Road, Wetje Road, Seagrave Road, Foxglove Street, Dorncliffe Road and Munden Street.
3. The general effect of the above proposed Parking Places Zones A, I, M, U, O, Z , V and F Orders would be to further amend each of their parent orders in so far that parking places would be amended and/or introduced and/or revoked in certain lengths of Bute Gardens, Becklow Road,Wetje Road,Dorncliffe Road, Hurlingham Road, Bloemfontien Road, Australia Road, Althea Street, Foxglove Street and Seagrave Road.
4. The general effect of the Hammersmith and Fulham (London Cycle Hire Scheme)(Amendment No. *) Order 20** would be to:-
   a) bring the Order in line with the on-street London Cycle Hire locations for all roads within the Borough for which the London Borough of Hammersmith and Fulham are the Highways Authority.
5. The general effect of the Hammersmith and Fulham (Loading Bay) (Amendment No. **) Order 20** would be to further amend the Hammersmith and Fulham (Loading Bay) (Consolidation) Order 2009 so that a Loading Bay would be introduced on Goldhawk Road.
6. A copy of the proposed Orders, the Councils statement of reasons for proposing to make the Orders and documents giving more detailed particulars of the proposed Orders, can be inspected during normal office hours on Mondays to Fridays inclusive until the end of a period of 6 weeks beginning with the date on which the Orders are made, or as the case may be, the Council decides not to make the Orders
7. Any person wishing to object to the proposed Orders or make other representations should send a statement in writing to the following address:

   Transport and Technical Services Group, Highways and Engineering Division, Environment Department, Town Hall Extension, King Street, Hammersmith, W6 9JU

   until the expiration of 21 days from the date on which the notice is published.

Dated this 9th day of May 2016

Nicholas Ruxton-Boyle
Chief Transport Planner
Transport and Highways

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Local Planning Applications
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PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990
I give notice that applications have been made to the Council of the London Borough of Hammersmith & Fulham as follows:
FOR DEVELOPMENT WHICH MAY AFFECT THE CHARACTER OR APPEARANCE OF A CONSERVATION AREA
48 Queensmill Road London SW6 6JS
2016/02028/FUL
Erection of a front and rear roof extension; installation of a new dormer window to replace the existing window to the rear elevation and increasing the height of the second floor rear back addition; installation of French doors to replace the existing window and the formation of a roof terrace at first floor level to the rear elevation; installation of a new window to the side of rear back addition at first floor level; erection of a single storey rear extension, to the side and rear of the existing back addition; installation of a new single door to replace the existing French doors to the side of the single storey back addition; excavation of the front and rear garden to form lightwells in connection with the enlargement of the existing basement.
28 - 36 Glenthorne Road London W6 0LS
2016/02079/ADV
Display of a non-illuminated advertisement hoarding along Overstone Road and Glenthorne Road elevation.
10 Walham Yard London SW6 1JA
2016/02082/FUL
Replacement of existing garage doors with new doors and conversion of the garage to use as habitable accommodation at ground floor level.
6 - 11 Peabody Cottages, 1 - 16 Blakenham Court, 61 - 78 And 91- 102 Cleverly Estate Wormholt Road London W12 0LA
2016/02085/FUL
Replacement of existing single-glazed windows and doors with new double-glazed windows and doors.
85 Sherbrooke Road London SW6 7QL
2016/02088/FUL
Erection of a single storey rear extension to the side of the existing back addition following partial demolition of the single storey back addition; relocation of 1no rooflight in the front roofslope; bricking up of 1no window to the side of rear back addition at first floor level; installation of new doors at ground floor level to the rear elevation.
4 Ravenscourt Square London W6 0TW
2016/02150/VAR
Variation of Condition 2 of planning permission reference: 2015/01842/FUL granted 16th June 2015 for the "Conversion of the existing building into a single family dwellinghouse; erection of a rear extension at first floor level, on top of the existing back addition; erection of a single storey rear extension; erection of a single storey extension to the side of the main building; installation of a new skylight on the main pitch roof; installation of 2no metal gates at the front of the dwellinghouse, and 1no timber door to the front elevation of the building", to allow amendments to the approved plans to include increasing the height of the ground floor rear extension by 40mm and increasing the width of the ground floor rear extension by 300mm.
T W I House 23 Eyot Gardens London W6 9TR
2016/01698/ADV
Display of 1no stainless steel halo illuminated (letters to be illuminated only) fascia sign to the western and eastern elevation of the building to replace the existing signs.
16 Parsons Green London SW6 4TS
2016/01961/FUL
Erection of a rear roof extension including installation of 2no. rooflights to the front roofslope; erection of a two storey extension at first and second floor levels on top of the existing back addition; installation of window at first floor level to rear elevation; erection of a single storey rear extension, to the side and rear of the existing lower ground floor back addition following demolition of existing rear porch and shed; reconfiguration of the rear lightwell at basement level; alterations at basement level to reduce internal floor area at the front of the property; erection of 1.6m high screening around the flat roof at third floor level in connection with its use as a terrace.
24 Nasmyth Street London W6 0HB
2016/02093/FUL
Excavation of front garden and part of rear garden to form lightwells, in connection with the creation of the basement.
2, 4, 6, 8 And 10 Dolby Road London SW6 3NE
2016/01272/FUL
Erection of front dormer roof extensions to property nos. 2, 4, 6, 8 and 10 Dolby Road; erection of hip to gable roof extension to property nos. 2 and 10 Dolby Road.
Land To Rear Of 41 Filmer Road London SW6 7JJ
2016/02107/VAR
Minor material amendment application to vary Condition 2 of planning application ref: 2014/03359/FUL of which appeal ref: APP/H5390/A/14/2226022 was granted 19th January 2016 for the 'Demolition of existing buildings and the erection of 2 x two storey plus-basement, 2 x single storey plus-basement residential buildings to provide 2 x two bedroom and 2 x three bedroom self-contained flats; provision of car parking, cycle and refuse storage; associated landscaping.' Amendments to the approved drawings to include an increase in the floor area of the basement so that the layout of the units can be improved as well as all of the units having an enlarged garden area; installation of two additional sky lights; formation of two additional cycle spaces; repositioning of car parking spaces; reduction of depth of the brick reveal; and repositioning of the facade windows.
24 Fulham Palace Road London W6 9PH
2016/02159/FUL
Continued use as a restaurant (Class A3).
Former BBC Television Centre Wood Lane London W12
2016/02117/ADV
Display of advertising vinyls on the ground floor glazing of the Pavilion building (Plot G2) with the Television Centre branding.
29 Bryony Road London W12 0SR
2016/02076/FUL
Erection of a single storey rear extension.
1A Eyot Gardens London W6 9TN
2016/02178/FUL
Installation of a new shopfront.
49 Ravenscourt Road London W6 0UJ
2016/02216/FUL
Erection of a single storey rear extension at basement level and installation of new French doors with fixed side lights; replace the existing French doors to rear elevation at ground floor level with new French doors with sash window side lights; installation of new railings and trellis on top of the basement extension in connection with the use of the flat roof as a terrace at ground floor level; replacement of external steps from ground floor level to rear garden.
22 Felden Street London SW6 5AF
2016/01971/FUL
Erection of a rear extension at second floor level over part of the existing back addition; installation of French doors and a Juliet balcony to replace the existing window in the rear roofslope; installation of 2no windows in the front roofslope and 1no rooflight above the main flat roof at roof level; erection of a single storey rear extension; alterations to existing pitch roof of single storey back addition to form a flat roof.
15 Studdridge Street London SW6 3SL
2016/02047/FUL
Erection of a front and rear roof extension involving an increase in the ridge height; erection of a rear extension at second floor level over part of the existing back addition; erection of a single storey rear extension to the side of the existing back addition; excavation of the front and rear garden to form lightwells in connection with the enlargement of the existing basement; erection of an external staircase from basement to ground floor level at the rear of the property; alterations to the roof of single storey back addition to include installation of new rooflights; installation of new doors to replace the existing doors at ground floor level to the rear elevation.
Imperial House 92 - 94 Waterford Road London SW6 2HA
2016/02068/FUL
Retention of the shopfront.
Imperial House 92 - 94 Waterford Road London SW6 2HA
2016/02069/ADV
Display of a non-illuminated fascia sign.
520 - 524 Fulham Road London SW6 5NJ
2016/02189/FUL
Erection of an additional floor at roof level in connection with its use as part residential (Class C3) and part office use (Class B1); formation of roof terraces at fourth floor level.
84 - 90B Fulham High Street London
2016/02190/VAR
Variation of conditions 2, 16 (Parking Accommodation) and 17 (Wheelchair Parking) of planning permission ref: 2014/02047/VAR granted 2nd December 2014 to allow amendments to the approved drawings to include: amalgamating three of the five ground floor commercial shop units fronting the Fulham High Street (inclusive of units 02-04) into a single shop unit, removal of 2no ground floor level parking spaces from the mews house to reinstate with vehicular means of access to the existing garage of the dwelling at no. 5 Church Gate and amendments to the wording of conditions 16 and 17 to allow phased sectional completion.
49 Palliser Road London W14 9EB
2016/00623/ADV
Display of 1no internally illuminated fascia sign and 2no flagpoles at the front elevation (Revised drawings).
49 Palliser Road London W14 9EB
2016/00490/FUL
Installation of a new shopfront (Revised drawings).
102 Tunis Road London W12 7EY
2016/02119/FUL
Erection of a rear roof extension; installation of 1no rooflight in the front roofslope; erection of rear extensions at first and ground floor level; installation of 2no windows to the rear elevation and bricking up of the existing window to the side of rear back addition at first floor level; installation of a new door to the side of the single storey back addition.
47 Langthorne Street London SW6 6JT
2016/02135/FUL
Erection of three dormer windows on the existing front roof slope to replace existing rooflights.
220 Fulham Palace Road London W6 9NT
2016/02136/ADV
Display of two internally illuminated fascia signs.
11 Brightwells Clancarty Road London SW6 3AD
2016/02114/TPO
Felling of a Horse Chestnut Tree subject to Tree Preservation Order TPO/36/13/71(T8).
Flat 5 145 New King's Road London SW6 4SL
2016/01883/FUL
Replacement of two windows to the side elevation at second floor level with a new timber sash window and a new casement window; replace existing window in rear elevation at second floor level with new timber sash window.
FOR CONSERVATION AREA CONSENT (DEMOLITION WORK) FOR LISTED BUILDING CONSENT
Westcott Lodge 22 Lower Mall London W6 9DJ
2016/02108/LBC
Internal alterations and reconfiguration at first floor which relates to the general thermal upgrade to the property, install new M&E installation throughout, replace flooring throughout the first floor with carpet and stone floor, replace balusters and handrail to contemporary north stair, redecoration of south stair and introduction of new timber balusters; install secondary glazing to first floor windows on the north elevation, blocking of a non-original double door into the Master Suite, installation of the Master Suite access door in a pre-1986 location, change to opening between Master Bedroom and Robes to single jib door (this wall used to be a solid wall pre-late 20th century alterations), Fan coil units installed within the master suite, the new study, bedroom 2 and the ensuite 1.
FOR DEVELOPMENT WHICH MAY AFFECT THE SETTING OR CONTEXT OF A LISTED BUILDING
Langford Primary School Gilstead Road London SW6 2LG
2016/02170/ADV
Display of 4no. non-illuminated signs attached to the boundary wall facing Gilstead Road; display of 4no. non-illuminated signs attached to the boundary wall facing Marinefield Road; display of 2no. non-illuminated signs on the outside of the entrance gates facing Marinefield Road; and display of a 1no. non-illuminated sign above the man entrance to the school building.
16 Parsons Green London SW6 4TS
2016/01961/FUL
Erection of a rear roof extension including installation of 2no. rooflights to the front roofslope; erection of a two storey extension at first and second floor levels on top of the existing back addition; installation of window at first floor level to rear elevation; erection of a single storey rear extension, to the side and rear of the existing lower ground floor back addition following demolition of existing rear porch and shed; reconfiguration of the rear lightwell at basement level; alterations at basement level to reduce internal floor area at the front of the property; erection of 1.6m high screening around the flat roof at third floor level in connection with its use as a terrace.
24 Fulham Palace Road London W6 9PH
2016/02159/FUL
Continued use as a restaurant (Class A3).
49 Palliser Road London W14 9EB
2016/00623/ADV
Display of 1no internally illuminated fascia sign and 2no flagpoles at the front elevation (Revised drawings).
49 Palliser Road London W14 9EB
2016/00490/FUL
Installation of a new shopfront (Revised drawings).
Anyone who wishes to make representations about these applications should do so by **12th June 2016**. See below for ways of commenting on applications.
THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2013
NOTICES UNDER REG 361 Fulham Palace Road London SW6 6TA
2016/02101/FUL
I give notice that Property Quest Limited is applying to HAMMERSMITH & FULHAM COUNCIL for planning permission to carry out the following development: Erection of a rear roof extension including the formation of a hip to gable roof extension and erection of a rear extension at third floor level over part of the existing back addition in connection with the creation of a self-contained studio flat; installation of 3no rooflights on the front roofslope.
327 Lillie Road London SW6 7NR
2016/02137/VAR
I give notice that Mr Aprajay Patel is applying to HAMMERSMITH & FULHAM COUNCIL for planning permission to carry out the following development: Variation of condition 2 of planning permission ref: 2014/01842/FUL granted 11th May 2015 to allow amendments to the approved plans to include: alterations and relocation of the access hatch and stairs of the basement substation, alterations to the bike and refuse storage, provision of a new bike storage in a covered location close to the main resident's entrance and minor alterations to the window positions.
Anyone who wishes to make representations about these applications should do so by **12th June 2016**. See below for ways of commenting on applications.
Signed: **NIGEL PALLACE**
Executive Director for Transport and Technical Services
on behalf of HAMMERSMITH & FULHAM COUNCIL
You can view applications, make comments and monitor their progress on our website: www.lbhf.gov.uk/planning. Click on the 'Planning Online' logo on the Planning Home Page.
You can also E-mail comments to: plancomments@lbhf.gov.uk
You can also inspect details of applications using computers at our office **RECEPTION FIRST FLOOR HAMMERSMITH TOWN HALL EXTENSION KING STREET W6** between 9.00am and 5.00pm, Monday to Friday, excluding public holidays.
If you want to make comments on applications please E-mail them through our website or post them to **DEVELOPMENT MANAGEMENT SERVICE ENVIRONMENT SERVICES DEPARTMENT TOWN HALL KING STREET W6 9JU** by the date shown above. Please include the application reference number and the name of the planning officer. We will try to consider any representations received after the date indicated but this cannot be guaranteed so please reply promptly.
For initial enquiries call our information and reception service on **020 8753 1081** or **020 8753 1082**.

lbhf.gov.uk/planning Online

Send us your comments about planning applications via our website: **www.lbhf.gov.uk/planning**

Hammersmith & Fulham Council

Conor eyes Euros

STRIKER Conor Washington hopes to put a frustrating five months at Loftus Road behind him by earning a place at this summer's Euro 2016 finals in France.

Washington has been called-up by Northern Ireland for their friendly against Belarus this Friday (May 27).

The QPR forward, who turned 24 last week, has been selected as part of the 28-man squad for the match at Windsor Park, Belfast, which promises to be an atmospheric send-off for the men in green.

■ CONOR Washington

Washington, who qualifies to play for Northern Ireland through his Irish grandmother, made his first appearance for them against Wales in Cardiff – three days before scoring the only goal of the game on his home debut against Slovenia in Belfast on March 28.

Following the Belarus match, Irish boss Michael O'Neill will name his 23-man squad for the European Championships. They will head to Austria for a week-long training camp before completing their preparations with a friendly against Slovakia in Trnava on June 4.

Northern Ireland's opening Euro 2016 game is against Poland in Nice on June 12. They then play Ukraine on June 16 in Lyon before taking on world champions Germany in Paris five days later.

It will be a fairytale end to the season for Kent-born, former postman Washington if he gets the nod for France, having struggled to make an impact since joining R's from Peterborough United during the January transfer window for a fee of around £2.5million.

Limited

His opportunities have been limited under Jimmy Floyd Hasselbaink, the man who brought him to W12. Despite being handed Charlie Austin's No.9 shirt, Washington has started only seven Championship games for Rangers. He was used as a substitute in eight other matches, but taken off five times in those 15 appearances.

Hasselbaink tended to favour the more physical attributes of German centre-forward Sebastian Polter as his lone striker, so Washington will have a massive point to prove to his club manager if he gets the chance to shine for Northern Ireland in the days and weeks ahead.

LOFTUS ROAD RANGERS REVIEW
With Tony McDonald

■ **QPR Girls are hosting open trials this summer.**

Trials for all age groups – U10, U12, U14, U16 and Development Squad – will be held place at Rosedale College, Wood End Green Road, Hayes, Middlesex, UB3 2SE on **Saturday, June 24** and **Saturday, July 2** (10.30am-12.00pm).

They will also be hosting midweek trials at Botwell Green Leisure Centre, East Avenue, Hayes, UB3 2HW (6.30pm-8.00pm) on the following dates:

Wednesday, July 13
U10 (current school years 3 & 4), U12 (current school years 5 & 6), U14 (current school years 7 & 8).

Wednesday, July 20
U16 (current school years 9 & 10) & Development Squad for players aged 16-19.

The dress code is: sportswear, shin pads covered with socks, trainers or short studs. The playing surface at both venues is 3G artificial grass.

To register for the event, simply attend on any of the above dates and complete a registration form. Registration forms will be handed to players upon their arrival.

Talented players will be offered the opportunity to play for the QPR Girls FC teams.

For further info email **qprgirlsfc@gmail.com**

■ AZHAR Mahmood (facing camera) leads the Surrey celebrations after clinching victory in their first T20 game of 2016 at Essex Pic: Rob Newell/Digital South

Azhar's in the mood

● COUNTY CRICKET ROUND-UP

■ **IF T20 is cricket's super-fast modern game played mainly by and for youngsters, then no-one bothered telling wily veteran Azhar Mahmood.**

The 41-year-old, Pakistan-born all rounder turned back the clock on Friday night to outshine bigger names and lead Surrey to victory by eight runs against Essex in their opening Blast southern group game.

Coming in at No.7, Mahmood top-scored with 42 as the visitors struggled to reach 170-8 after being put in to bat at Chelmsford.

Power hitting, athletic fielding and rapid running are fundamental requirements of the shortest white ball game but Mahmood showed that there is no substitute for a sharp brain and experience too.

With just three balls of a finely balanced match remaining, he sent down a canny slower delivery to Matt Quinn – and waited gleefully at the other end of his run-up for the ball to drop comfortably into his safe hands. Caught and bowled, game over.

Surrey had looked on course for a less dramatic win in front of the Sky TV cameras when, following the early exit of Steve Davies for one, Jason Roy (25 runs) and Kumar Sangakkara (32) were confidently chipping the ball to all parts of the ground. But a couple of mishit shots saw both dismissed in the same over, which gave Essex hope.

When Roy and James Burke dropped catches in the deep, Surrey were architects of their own downfall. But Burke redeemed himself with a couple of catches to dismiss Neil Foster and Graham Napier off the bowling of young Tom Curran, who also ended Ryan ten Doeschate's threatening middle order cameo.

International promise

Mahmood won't enjoy too many more nights like this, but 21-year-old Curran simply oozes international promise. After contributing Surrey's joint second highest batting score of 32, he took three important wickets, after younger brother Tom had struck first to dismiss Ravi Bopara and later removed Zaidi, lbw.

On Sunday, Surrey resumed their quest for a first County Championship win of the season in Manchester against last season's second division title rivals Lancashire. They return to the Kia Oval on Thursday (26th at 6.30pm) for their first home game in the T20 Blast against Glamorgan. On Saturday (28th) they head down to Somerset for the start of another CC1 match.

Rayner takes six–fer

■ **MIDDLESEX had to settle for their fifth consecutive County Championship draw when last week's London derby against Surrey ended in stalemate thanks to rain that prevented any play on the fourth and final day at the Kia Oval.**

Small consolation for Middlesex is that they picked up 10 points – one more than their local rivals.

The game was already heading for a draw before the weather intervened after Surrey openers Rory Burns (55) and Arun Harinath (37) batted out the last 45 overs on day three to extend the hosts' total to 98-0.

Middlesex had taken control from the start by amassing 395 all out in their first innings, with Nick Gubbins impressively leading the way on 91.

Most credit for restricting Surrey to 242 in reply and enforcing the follow-on goes to spinner Ollie Rayner, who enjoyed a rare spell in the limelight by taking six wickets at a cost of just 79 runs from 36.3 overs.

Although no Surrey wickets fell in their second knock, Rayner was again outstanding with the ball, conceding a meagre 12 runs from his 11 overs, including four maidens. How frustrated he must be that his home Lord's wicket doesn't offer the same encouragement.

On Sunday, Middlesex commenced their CC1 game with Somerset at Lord's – the first of five home matches in a row, although the following two are away from the Home of Cricket. Hampshire provide the opposition for Middlesex's first T20 Blast match of the season when they visit Uxbridge this Friday (27th at 5.30pm) and the same visiting side will be donning their whites on Sunday when the teams meet again for day one of their CC1 clash at Merchant Taylors' School, Northwood.

■ **CHELSEA from back page**

Hiddink has twice stepped in as interim manager and Conte will have him casting a shadow, albeit a thin one, over his first campaign in the capital.

Hiddink's role will be advisory and he will attempt to forge a link between the club and some of its former high-profile players such as Didier Drogba and Petr Cech.

"Technical advisor is a big title," he said, "but I will indeed hold an advisory role. I want to involve former Chelsea players. I spoke with Drogba and I have spoken with Cech. These guys are true Chelsea legends and have had such an impact at the club.

"Chelsea are an old club but they have only been there at the highest level for about 15 years or so. These older guys want the best for Chelsea and can do a lot for the club once they have ended their active careers.

"One might go for a commercial career, another might pursue a job as assistant manager and another might be interested in a scouting position. You can make such good use of guys like them. I have the freedom to approach former players for things like that."

But the Dutchman will also form part of the so-called 'pathway strategy' that will try to propel more academy players towards the first team.

"You often see young players struggle to make the step up to the first team," he said. "You have to slowly ease them into it, or they will do too much.

"I did that with Bertrand Traore and Ruben Loftus-Cheek, but more players should be making the step up," Hiddink added.

■ **CHELSEA Ladies have had a miserable week following their lacklustre FA Cup final defeat to Arsenal. They lost 2-0 at home to undefeated league leaders Manchester City on Thursday.**

Chelsea boss Emma Hayes said: "It's been a tough week for the team. The difference between the two teams is they took their chances and we didn't. We had as many, if not more, opportunities.

"I was pleased with the performance, I thought we played well. I'm not disappointed with the performance or the effort from the players. But if you make one or two errors against the top teams, that can be the difference."

JOIN RON HARRIS ON LEGENDS TOUR!

■ **IF any Chelsea fan could choose their father, I'm confident that Ron Harris would be top of their list. Now, of course, we can't choose our father, but you can have almost the next best thing – a chance to spend a bit of time with the father of Chelsea, the legend that is Ron Harris, in our great LWN Sport competition.**

Yep, you could take a Legends Tour with the man who led Blues to their first FA Cup triumph and European glory in the early 70s, as he shows you and a companion around Stamford Bridge – all thanks to our pals at Chelsea FC.

On **Father's Day, Sunday, June 19**, 'Chopper' Harris will be delivering the perfect present for Chelsea-supporting dads. In this ultimate Legends tour there will be plenty of opportunities for photographs and autographs as well as a Q&A session with Ron himself. All tour guests will receive a signed, personalised photo of Ron, as well as a guide book and use of an audio guide for the museum.

To book a place on the stadium tour costs £70 per person.

But you have a chance to win TWO tickets – yep, that's right, you and a friend or relative can join Ron and be regaled with tales of times past when he and the other heroes of SW6 – Peter Osgood, Charlie Cooke and the rest – were kings of the King's Road.

How can you win this sensational prize? All you have to do to be in with a chance of winning is answer the following question correctly. But before you do, please be aware you have to be able to make it to Stamford Bridge under your own steam and be available to attend the tour on June 19 at 10.30am.

OK, with that sorted, here's the question:

Q: How many league and cup first team appearances did Ron Harris make for Chelsea?

Email your answer (no snail mail here!): to me at **cfcjourno@gmail.com**

Put 'Legends Tour with Ron Harris' in the subject line.

Closing date for entries is noon on **Tuesday, June 7, 2016.**

I will pick one correct answer out of the hat.

The winner will be contacted by email, but please add your name and a contact telephone number.

If you are not the winner, then make sure you don't miss out on this great occasion by booking your ticket direct with the club (www.chelseafc.com).

Good luck!

Paul Lagan

London Weekly News

SPORT

Tuesday, May 24th, 2016 ● SPORTS DESK: 07711 169 427

Terry has big point to prove

HOME sweet home . . . John Terry is staying with Chelsea for another year Pic: Rob Newell/Digital South

JOHN Terry is currently on holiday, probably at a beach taking Instagram pictures of himself with wife and family beside him, secure in the knowledge that in a couple of weeks' time, he will roll up at Chelsea's Cobham training ground, ahead of the rest, and prepare for the biggest battle of his extraordinary Chelsea career.

● By LWN reporter **Paul Lagan**
sport@londonweeklynews.co.uk

As LWN Sport revealed last week, Terry was seriously undecided as to whether he would accept the derisory offer from Roman Abramovich and stay for another year – his 22nd in SW6 – or head to China, where massive financial incentives awaited him on and off the pitch.

In the end, he chose to stay and fight for his place and reputation.

Even at 35, Terry firmly believes he can convince new Blues boss Antonio Conte that he and A.N. Other will be his preferred centre-back partnership.

Conte, whose title is significantly head coach and not manager, will adopt an 'open mind' attitude to whatever squad the club presents to him when he arrives to take his first training session following his stint as Italy manager at Euro 2016.

New contract

Speaking after announcing his intention to stick around, Terry said: "I am delighted to sign a new contract with the club. Everyone knows I'm Chelsea through and through.

"I am looking forward to next season under the new manager and hopefully we can make it a successful one.

"Also, a special mention to the fans for their continued support. You're the best in the world."

Terry has made 703 first team appearances, including a record 570 as captain since his debut in 1998.

He has also won four league titles, five FA Cups, a Champions League, Europa Cup, three League Cups and made 78 England appearances.

Chelsea will return to action, following their worst season since 1996, on July 16, when a short pre-season trip to Austria will see Blues face Rapid Vienna. Then it's an outing against RZ Pellets before they head to the US on August 4 for a three-game run out against Liverpool, Real Madrid and AC Milan.

With the league season not starting until August 13, Chelsea will have plenty of time to head to Russia for a friendly against CSK Moscow on a date to be confirmed.

Before then, a host of players are expect to leave The Bridge to make way for the biggest revamp of the squad under Abramovich's tenure.

It remains to be seem if Real Madrid come in for Thibaut Courtois and an excellent Euro 2016 with Belgium will certainly aid the goalkeeper's cause.

His number two Asmir Begovic has all but accepted that he will never be the first choice at Chelsea and is expected to leave after just one season, should a suitable offer hit the table.

This week at STAMFORD BRIDGE

Robert Green, recently released by QPR on a free, may very well step into Begovic's shoes, as he was earmarked to do last summer.

A double swoop by Juventus for Oscar and Nemanja Matic could see the midfield duo end their Blues careers. John Obi Mikel has paid his dues and will be reluctant to accept the role of bench-warmer, especially as he was a pivotal player for Guus Hiddink last season.

It goes without saying that Rademal Falcao's bemusing loan spell will end and he will return to Monaco. Fellow striker Loic Remy, who wanted to go to Leicester City in January while the club wanted to offload him for lots of cash in China, will get his wish and head up the M1 to the champions.

The future of loanee Alexandre Pato will depend on the arrangements the club can make with his agent Gilmar Veloz who has partnership deals with European super-agent Kia Joorabchian. This relationship could see a number of high-profile players rock up in west London. But Chelsea may very well make Pato's loan deal from Corinthians permanent as a consequence.

Brazil-born striker Diego Costa, who has been dropped by his adopted country Spain for the Euros, won't be missed by some within the corridors of Stamford Bridge such was his part in Jose Mourinho's downfall. A return to Spain will be on the cards – if Everton can be persuaded to part with former Blue Romelu Lukaku. Chelsea sold the Belgium striker to the Toffeemen for £18million in 2014 and will have to offer close to twice that amount to bring him back as Costa's replacement.

Ruben Loftus-Cheek will seek a move if he is not convinced that staying at The Bridge will be good for his career.

Unhappy

He is unhappy that the likes of Dele Alli at Spurs have been given a first team slot at White Hart Lane which has seen him progress rapidly to the full England set-up.

Loftus-Cheek is worried his career will stall and even go backwards if he does not get serious minutes in a Chelsea shirt. Although he wants to stay, he could leave in search of more playing time.

'Lofty' was part of the England U21 side that beat Portugal 1-0 in the opening game of the annual Toulon tournament, which also featured fellow Blues Nathaniel Chalobah, Lewis Baker and Kasey Palmer. Baker scored the only goal.

Should Conte fail to resurrect the fortunes of Chelsea next season, then they won't have far to go to find a temporary replacement.

Guus Hiddink has, after all, decided to formally link up with the club in a new role expected to be along the lines of a technical director.

Continued on page 27

Focus on Craven Cottage

By TONY McDONALD

Defensive rebuild underway

FULHAM head coach Slaviša Jokanović continued his summer rebuilding programme with the permanent signing of Michael Madl from Sturm Graz.

The central defender, who arrived in SW6 at the end of January on a loan deal, has signed a new two-year contract that theoretically ties him to the club until the summer of 2018.

Speaking to the official website (www.fulhamfc.com), Madl said: "I'm delighted to have completed the permanent move to Fulham and would like to thank the fans, players and staff at SK Sturm Graz for an amazing time there.

"I've enjoyed the past five months – the Fulham fans have made me feel so welcome from the very first day.

"I'm looking forward to a new exciting season in the Championship and I'm confident that I can be part of something special with the club."

Although capped 11 times at under-21 level, Madl still awaits his senior debut for Austria. However, he is among 10 defenders named in his country's initial 28-man squad for the Euro 2016 finals.

Madl made his Fulham debut in the 3-1 win at Queens Park Rangers on February 13 – the first of 13 appearances the 28-year-old made in the second half of the season as Fulham narrowly avoided relegation, finishing just two places above the drop zone.

Of the games in which Madl appeared, Whites won five, lost five and drew three, while conceding 21 goals in the process.

Lack of aerial presence

His one and only goal so far came in the 3-0 victory over Charlton Athletic on his home debut. And it says much about Fulham central defenders' collective lack of aerial presence that of the six who appeared at centre-back at various times last season, only the Austrian managed to score. Dan Burn (35 appearances) Tim Ream (32), Richard Stearman (30), Fernando Amorebieta (14) and Shaun Hutchinson (11) all failed to find the opposition's net.

Instead, Whites have relied too heavily on their prolific strikers, Ross McCormack and Moussa Dembélé, who racked up 36 of the club's 66 league goals between them.

Jokanović's priority, however, is to address the flood of goals his team have routinely leaked from corners, free-kicks and open play.

And it's not just the outfield defenders who must shoulder the blame for managing an unacceptable four clean sheets all season. The coach will probably be looking to sign a new first choice goalkeeper, too, after unconvincing performances from both Andy Lonergan and the less experienced Marcus Bettinelli.

Fulham conceded at least one goal in 87% of their home games and 96% of their away matches. Those who question whether Jokanović can add steel and organisation to the defence will point out that his team shipped at least one goal in each of their last 17 away games amid constant changes of formation.

On Sunday, Jokanović tweeted that he was in Spain to watch the second division promotion battle between Real Zaragoza and Gimnastic, which ended in a 1-0 win for the latter and many will perceive as a scouting mission.

Maybe the Serb has come to the conclusion that Fulham's horrific defensive disasters cannot be eradicated by new signings from Britain and that spreading his net much farther afield is the best way forward.

WIN FATHER'S DAY STADIUM TOUR – page 27